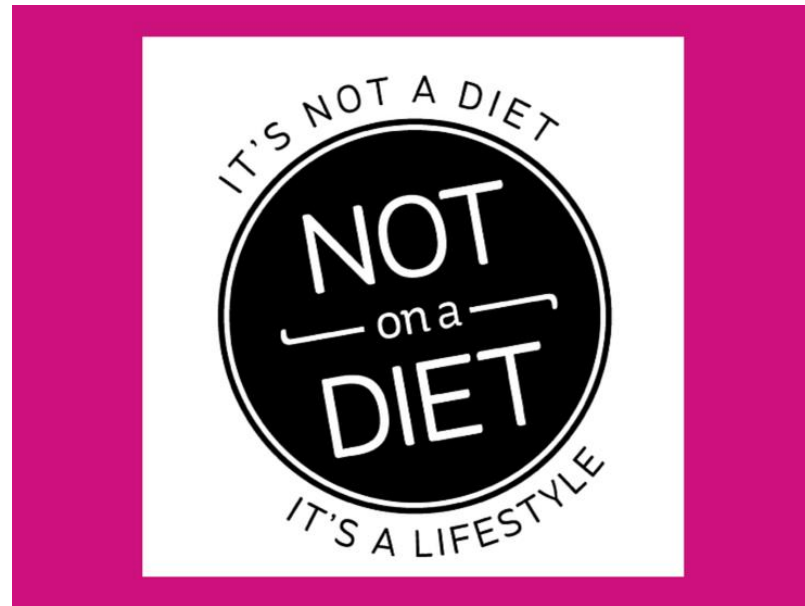


Change Your Eating Style



 **Deaconess**
WEIGHT LOSS
SOLUTIONS

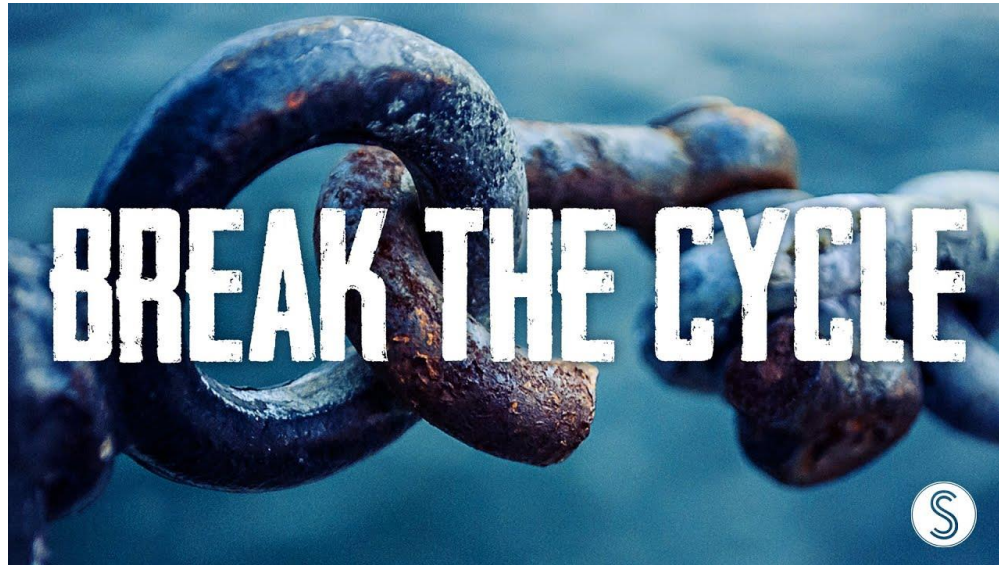
5 Habits that Support the Goal of Healthy Eating

- ▶ 1. Planning
- ▶ 2. Proper Portions
- ▶ 3. Proportionate
- ▶ 4. Proper Place
- ▶ 5. Peaceful Environment



Importance of Planning

- ▶ Planning ahead helps to break the loss/regain diet cycle

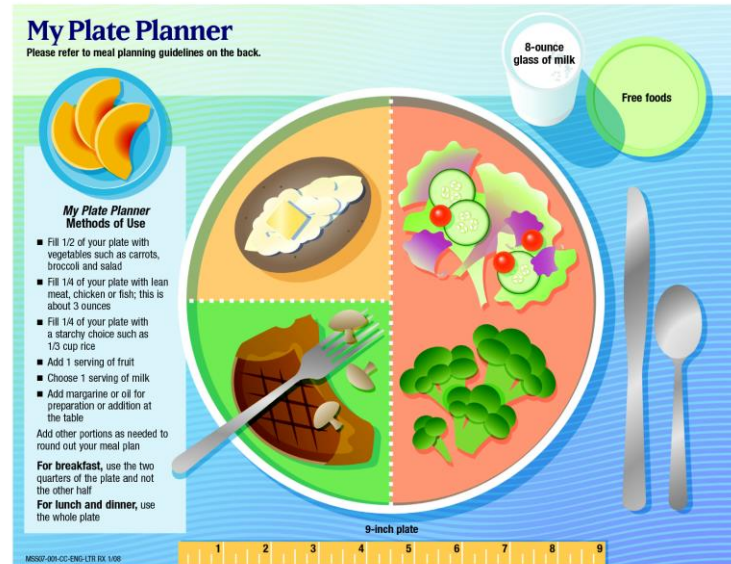


Fact:

80% of patients with successful weight loss reported planning for their food intake ahead of time

#2 Goal Supporting Eating Habit: Proper Portions

- ▶ Portion Control Helps To:
- ▶ Reduce Calories
- ▶ Avoid Overeating

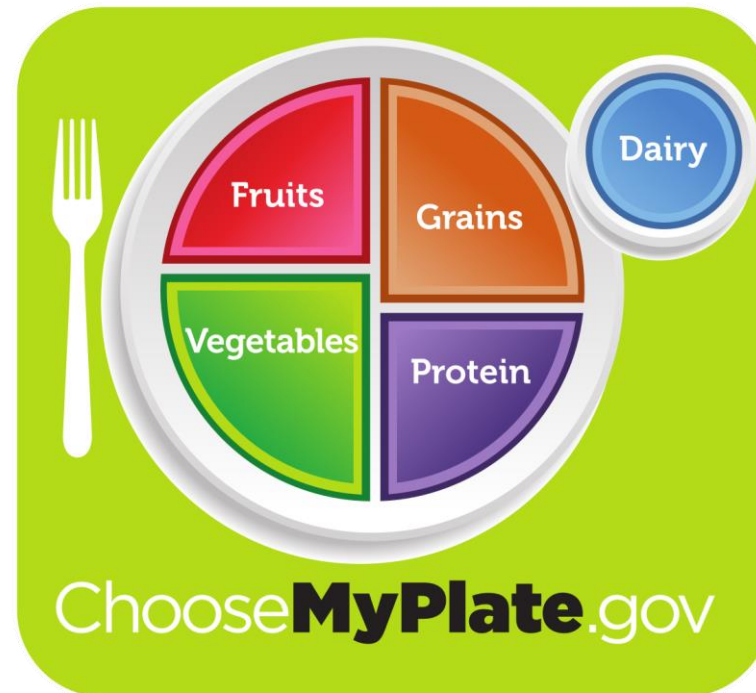


*It is important to weigh or measure food to know how many calories you are consuming

- ▶ Eating more calories than you burn off will cause weight gain
- ▶ Using a 9-inch plate, small bowls, and small cups help with portion control
 - ▶ Don't eat out of a bag or box that a food product comes in: measure out a serving size!

#3 Goal Supporting Eating Habit: Proportionate

- ▶ Proportionate means to balance out your meal by including as many of the food groups as possible
- ▶ No single food item or food group will supply all the needed nutrients to nourish our bodies



Proportionate Continued: MyPlatePlanner:

- ▶ The MyPlatePlanner method helps to balance meals by including all 5 of the food groups
- ▶ The 5 Food Groups Are:
 - ▶ Protein (Meat/Meat alternative)
 - ▶ Vegetables (Non-starchy)
 - ▶ Fruit
 - ▶ Grains/Starch
 - ▶ Dairy
 - ▶ $\frac{1}{2}$ of your plate should come from non-starchy vegetables
 - ▶ $\frac{1}{4}$ of your plate should be lean meat or fish
 - ▶ $\frac{1}{4}$ of your plate should be a whole grain or starchy vegetable



#4 Goal Supporting Eating Habit: Proper Place

- ▶ The Proper Location to Eat: At the Dinner Table



- ▶ Reason Behind This: When we eat in other locations such as in front of the TV, in the car, or when on our phone, we have the tendency to overeat. We become distracted! We are then focused on a different task, not focused on eating. By focusing on eating, this helps us to listen to our hunger cues and to stop eating when we feel full.

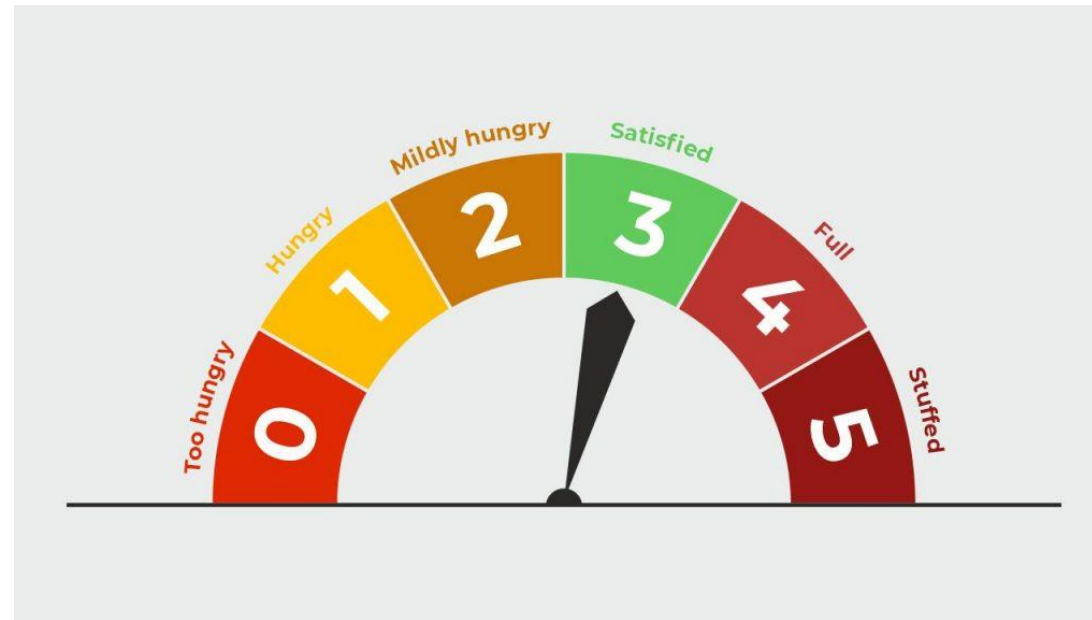
#5 Goal Supporting Eating Habit: Peaceful Environment

- ▶ A peaceful environment at a meal time helps bring enjoyment to the meal. One will not feel rushed, and therefore, will slow down the eating process. This is important because when rushed at meals, there is a tendency to eat too fast which results in eating too much.



Did You Know? -Hunger Signal

- ▶ It takes about 20 minutes for your brain to process that you have had enough to eat.
- ▶ Tips for slowing down the pace of eating:
- ▶ 1. Put your fork down between bites
- ▶ 2. Cut up food into small size bites: this helps to chew more thoroughly
- ▶ 3. If you are a fast eater and finish your meal in 10 to 15 minutes, wait 10-15 minutes prior to going back for seconds and ask yourself if you are still hungry



5 Habits That Interfere with Healthy Eating

- ▶ 1. Grazing
- ▶ 2. Grabbing and Going
- ▶ 3. Gulping
- ▶ 4. Gorging
- ▶ 5. Goodies



#1 Interfering Habit: Grazing

- ▶ Grazing: means eating all day long which interferes
- ▶ with:
 - ▶ 1. Paying attention to your body's hunger cues
 - ▶ 2. Controlling calorie intake
- ▶ Grazing looks like/causes:
 - ▶ Difficulty paying attention to your body's hunger cues
 - ▶ Difficulty controlling calorie intake
 - ▶ Does not allow for eating during a set meal or snack time
 - ▶ Typically includes eating what you want when you want
- ▶ Best Way to Overcome this Habit:
 - ▶ Have established meal and snack times. If you find you want to eat and it is not a meal or snack time, ask yourself if you really are hungry. If not, then try to find something enjoyable to do (especially with your hands) until it is time to eat.



#2 Interfering Habit: Grabbing and Going

- ▶ Grabbing and Going: means eating a fast food item or food that is likely processed and requires little to no cooking (vending machine or gas station)



- ▶ Grabbing and Going:
 - ▶ Typically occurs in the wrong setting
 - ▶ Reduces the pleasure we get from food due to eating it quickly
 - ▶ May cause one to forget what has been eaten, or how much has been eaten
- ▶ Best Way to Overcome this Habit:
 - ▶ Plan ahead for meals that you eat out. Prepare meals ahead of time and freeze, for when a meal is needed. Reheat the frozen meal you made to have a healthier option next time you are on the go!

#3 Interfering Habit: Gulping

- ▶ Gulping: eating or drinking very fast
- ▶ Gulping:
 - ▶ Adds calories fast, and typically more calories than when not gulping
 - ▶ Hard to recognize when you are full



- ▶ Best Way to Overcome this Habit:
 - ▶ Put your fork down between each bite!

#4 Interfering Habit: Gorging

- ▶ Gorging: overeating/eating until you are stuffed (which is beyond feeling full)
- ▶ Gorging:
 - ▶ Will result in excessive caloric intake
 - ▶ Difficult to sense when your body is full
 - ▶ Eating too much of any food, including a healthy food is **gorging**, and is therefore not a healthy habit
- ▶ Best Way to Overcome this Habit:
 - ▶ Use small plates (9-inch), bowls, and cups
 - ▶ Portion out your food
 - ▶ Eat one plate of food
 - ▶ Take at least 20-30 minutes for meals



#5 Interfering Habit: Goodies

- ▶ Goodies: generally high in sugar or fat
 - ▶ For some people, goodies are “comfort foods”
- ▶ Goodies:
 - ▶ Can cause weight gain due to “empty calories”
 - ▶ Wreaks havoc on blood sugar control



- ▶ **Best Way to Overcome this Habit:**
 - ▶ Plan for a “goodie” to be an occasional food- these can be seen as a treat!
 - ▶ Watch the portion size on “goodies”
 - ▶ Find healthier substitutions when available if possible for these types of food: **most people find that consuming fruit helps to decrease the desire for sweets!**

How to Change Your Eating Style?

- ▶ Step 1: Complete the Eating Style Self Assessment. The assessment is the nutrition activity for this lesson on Change Your Eating Style.
- ▶ Step 2: Identify an eating style(s) that you currently need to improve.
 - ▶ (Review your answers to the Eating Style Self Assessment tool).
- ▶ Step 3: Review the Change Your Eating Style handout(s) that pertains to the eating style(s) you have identified that needs improvement. The handouts are located in the Change Your Eating Style nutrition lesson section of the website. (All nutrition lessons are listed in alphabetical order)
- ▶ Step 4: Devise your plan for how to improve your eating style(s).
- ▶ Step 5: If your plan works for you in dealing with your problem area, then continue the plan.
- ▶ Step 6: Revise the plan if it is not working for you.



How to Change Your Eating Style?

Example of How to Change Your Eating Style

- ▶ Step 1: Complete the Eating Style Self Assessment. The assessment is the nutrition activity for this lesson on Change Your Eating Style.
- ▶ Step 2: I need to improve my eating habit when attending a family gathering: choosing healthier options
- ▶ Step 3: Review the Change Your Eating Style handout(s) that pertains to the eating style(s) you have identified that needs improvement. The handouts are located in the Change Your Eating Style nutrition lesson section of the website. (All nutrition lessons are listed in alphabetical order)
- ▶ Step 4: I will (Adapt) begin taking a dish to family gatherings that is a healthier option to help promote weight loss, along with utilizing nutrition knowledge to build the rest of my plate with healthier choices.
- ▶ Step 5: If successful for 1 family gathering, will implement the same procedures for the next family gathering.
- ▶ Step 6: If plan does not work, restart previous steps to either alter the current procedure, or implement a 2nd procedure to help achieve the desired eating style to change.