



# Ditch the Diet Mentality

PEBTF

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# Learning Objectives

## Ditch the Diet Mentality

- **“Lean in”** or shift towards health
- **Focus** on health beyond the diet mentality
- **Discover** strategies for intuitive eating
- **Overcome** obstacles by using the mindful eating cycle
- **Get motivated** to apply the skills needed for long-term success

# Media and External Pressure

- Different messages from various sources – not always consistent
- Peer pressure
- External motivation instead of internal motivation



# Fast Facts on Dieting

- **Industry statistics**

- \$20 billion weight-loss industry (diet books, diet drugs and weight loss surgeries)
- 85% of people using weight-loss products and services are female

- **Dieting behaviors**

- 108 million dieters in the U.S.
- Dieters make 4 to 5 attempts per year
- 95% of dieters gain weight back
- It takes about 1 hour of exercise per day to keep off at least 30 pounds of weight for 5 years

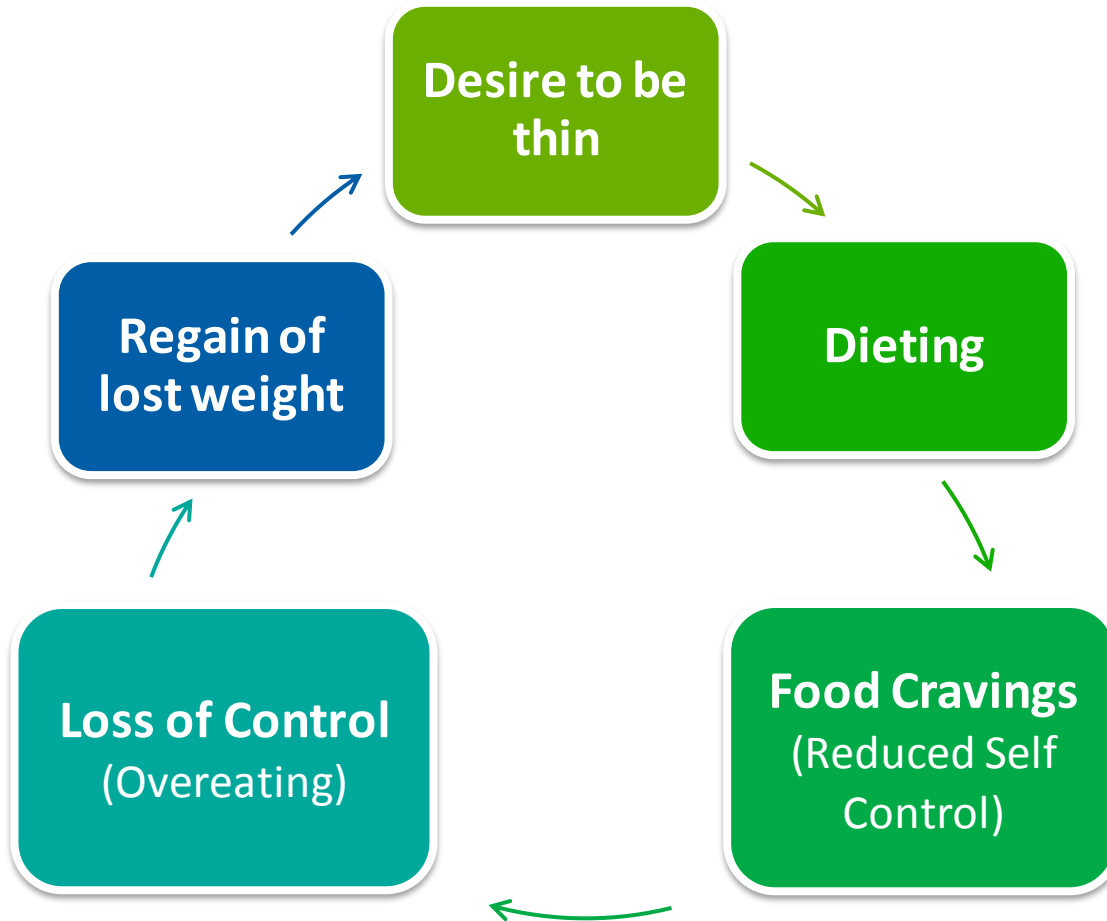


# Why Diets Don't Work in the Long-Term

- Constant restrictive eating cycle
- Too many rules to follow
  - Can create a bad relationship with food
  - Could possibly lead to an eating disorder
- Can create “negative self-talk” habits
  - Examples: “I hate my body”, “I’m a failure”
- Restricting calories too much may lower your metabolism and reduce lean muscle



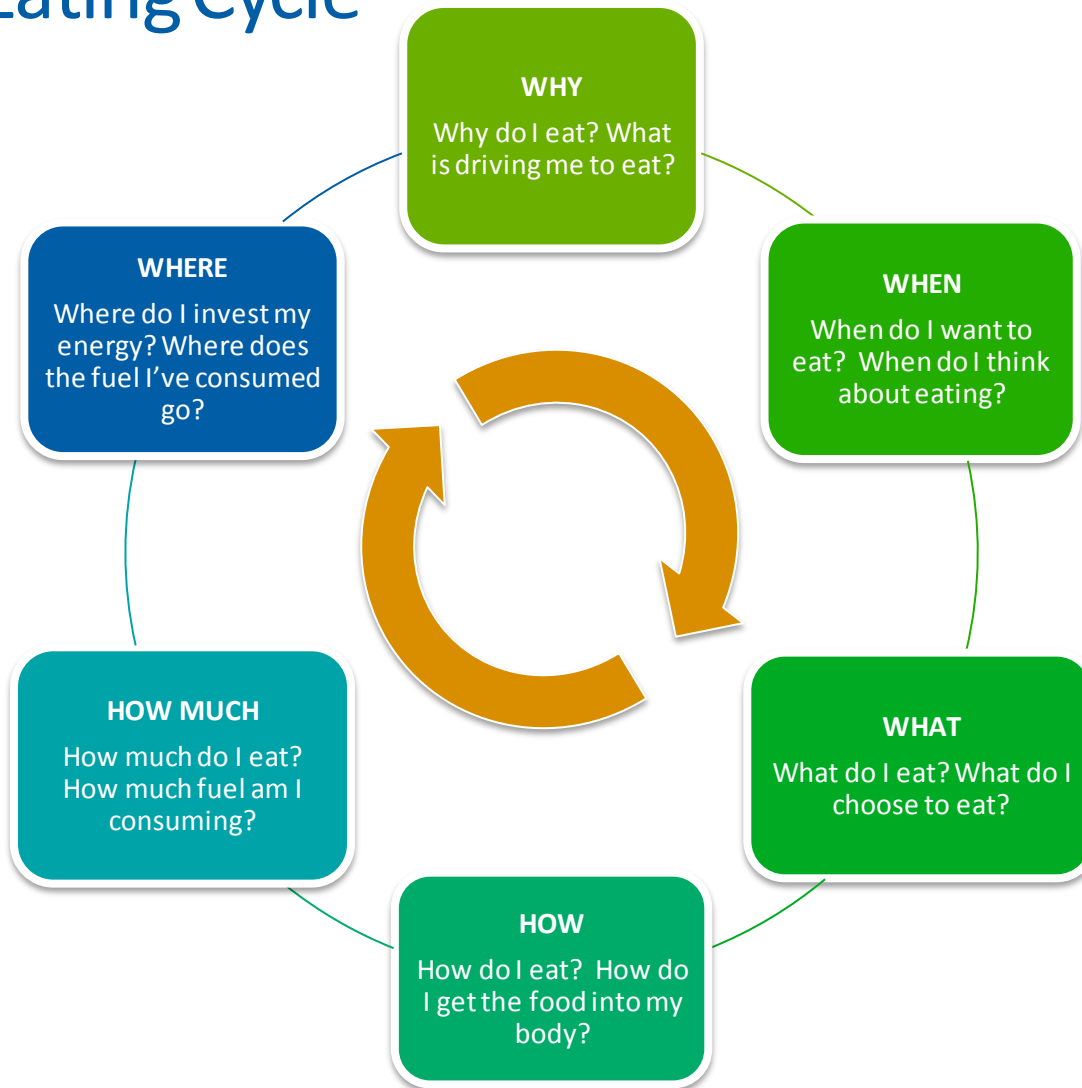
# The Dieter's Dilemma



# Paradigm Shift

- Create options that are **realistic/achievable**
- Start defining health and find your true **internal motivation**
- Change your mindset—reject ideas of dieting and embrace **mindful eating**
- Approach with curiosity and non-judgment
- Eat for both enjoyment and nourishment
- Weight loss is more than just calories-in and calories-out
- No perfection—it does not exist
- Pay attention to natural **hunger and fullness signals**
- Sustainable lifestyle changes

# Mindful Eating Cycle





# Mindful vs. Mindless Eating

## Mindful Eating

- Paying attention to what we are eating
- The mind-body connection helps to assess hunger and fullness
- Brain has time to register you are full—takes about 20 minutes
- Eat less food if you eat slowly and mindfully
- Improves your eating experience
- Resists your urges to snack that are not associated with hunger
- Reduces overeating
- **Mindful eating is powerful—it keeps you present and can help facilitate change**

## Mindless Eating

- Pairing eating with other activities, such as driving, working at a desks, watching TV
- Eating meal-after-meal and snack-after-snack, unaware of what and how much we are consuming



# Practice Mindful Eating Strategies

- Take small bites, chew slowly, and swallow **before** you put more food on your fork
- Take sips of water after every few bites
- Breathe between bites
- Use smaller plates and utensils
- Eat in designated eating spots
- Create a calm environment (e.g., listen to soft music)
- Pay attention your body's signals (e.g., don't wait until you are overly hungry to eat)
- Do not multitask while eating



# Mindful Strategies

- Focus on your food—take time to explore taste, texture, smell
- Take 10 days of mindful eating and write down your experience
- Read Dr. May's book, *Eat What you Love, Love What you Eat* to learn more about mindful eating



# Assess Your Hunger

<b>Rating</b>	<b>Hunger/Fullness Scale</b> <i>Use the scale below to help determine your hunger/fullness rating:</i>
10	Uncomfortably full or “sick” – “Thanksgiving full”
9	Stuffed and uncomfortable
8	Too full, somewhat uncomfortable
7	Full, but not yet uncomfortable – hunger is gone
6	Filling up, but still comfortable – could definitely eat more
5	Neutral – neither hungry nor full
4	Slightly hungry, mild signals that your body needs food – you can wait to eat
3	Hungry, not yet uncomfortable – clear signals that your body needs food
2	Very hungry, irritable, or anxious – you want to eat everything in sight
1	Starving, feeling weak, lightheaded, dizzy, or other extremely uncomfortable symptoms of hunger

# The Non-Diet Approach: Think Positively

- **Ask yourself...**
  - How negative is your self-talk?
- **Take control...**
  - Be mindful and reframe your internal dialogue
  - Shift from negative thoughts to positive ones



“

“When you are eating instinctively you eat what you love, but you don't obsess about food because you don't need to. Instead you trust your body to let you know when and how much to eat.”

- *Michelle May M.D.*



# Start “Ditching the Diet Mentality” Today!

## Small Changes

- Take baby steps
- Stay away from “all or nothing”
- Think about eating well as a marathon instead of a sprint

## Think Health, not Diet

- Allow foods in moderation
- Reject rigid rules – base choices on nutritional information

## Mindful Eating

- Take a non-restrictive approach
- Make sustainable lifestyle changes

## Hunger Cues

- Increase awareness
- Pay attention to your body
- Ask yourself, “Am I hungry”

## Support

- Visit MyActiveHealth for tools and resources

# Setting a S.M.A.R.T. goal

**S**pecific — Ask who, what, where, when, why

**M**easurable

**A**ttainable/**A**chievable/**A**ction-Based

**R**ealistic

**T**imely

Ask who,  
what, where,  
when, why

Set a  
timeframe  
to meet  
the goal

How much,  
how many,  
how long,  
how often



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# Join Me In January!

## Webinars

- **Overcoming Emotional Eating**
  - January 5 or 19
    - 12:00 – 12:30pm
    - [www.pebtf.org/wellness](http://www.pebtf.org/wellness)



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