

Intuitive Eating: Integrating Tools for Recovery

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Objectives

- To identify and understand the 10 Principles of Intuitive Eating
- To develop concrete practices for integrating these philosophies
- To understand the benefits of using a non-diet approach with clients

Disordered Eating Spectrum

Health

- Body acceptance
- Intuitive eating for both fuel and pleasure
- Moving body for enjoyment
- Energy, strength, normal labs
- Stable weight



Disordered Eating

- Preoccupation with weight & shape
- Restriction (cleansing, fasting, calorie counting, fad diets, chronic dieting)
- Overeating or compulsive eating
- Occasional use of substances to control weight
- Obligation and guilt attached to exercise
- Exercise avoidance
- Weight cycling



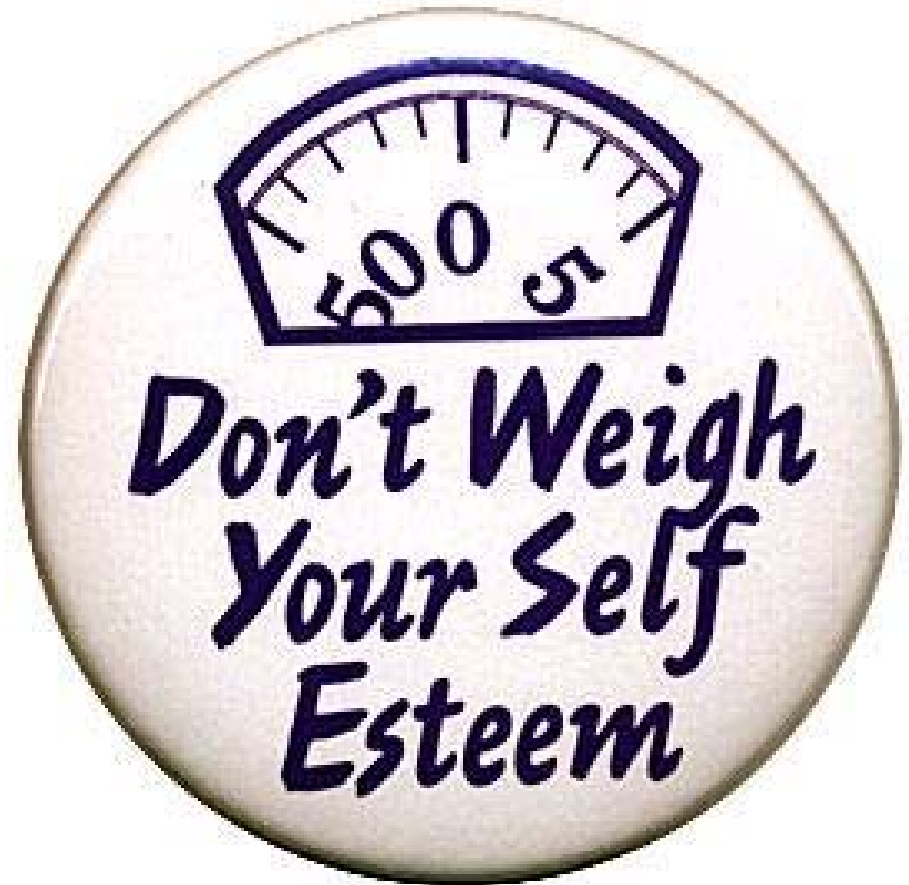
Eating Disorder

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Other-Specified Feeding or Eating Disorder
- Unspecified Feeding or Eating Disorder
- Avoidant/Restrictive Food Intake Disorder

Allison Marek, LCSW, CDWF (2013)

What is Intuitive Eating?

“Intuitive eating is an approach that teaches you how to create a healthy relationship with your food, mind, and body – where you ultimately become the expert of your own body.”



Eating Styles

- **Unconscious Eater**
- **Chaotic Eater**
- **Careful Eater**
- **Emotional Eater**
- **Waste-Not Eater**
- **Professional Dieter**
- **Intuitive Eater**

Indicators of Readiness

1. **Biological Restoration and Balance**

- weight restoration, ability to eat regular meals

2. **Ability to risk**

- As the begins to heal both physically and psychologically, are they able to tolerate and take risks with eating?

3. **Recognition that the eating is not about weight or food, but something deeper**

- Eating moves into a realm of self care

4. **Ability to recognize and willingness to deal with feelings**

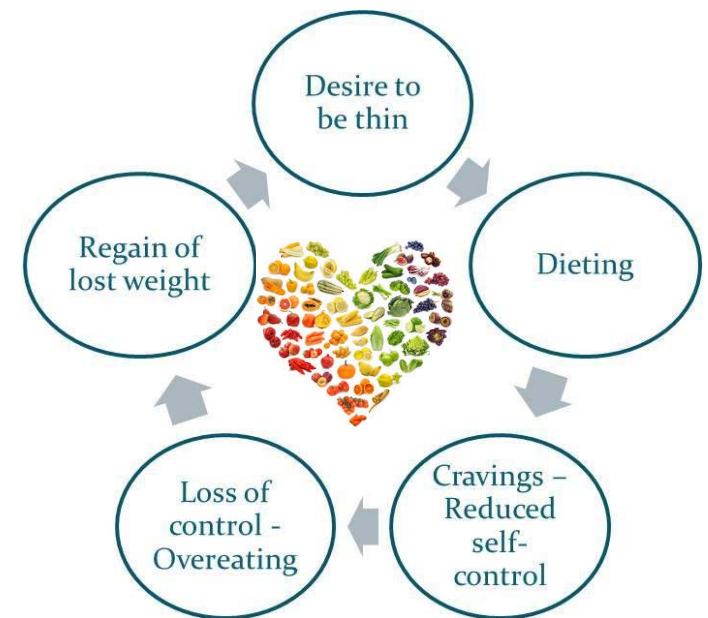
- Once the client is able to identify and appropriately cope with feelings, the need to act on eating disorder behaviors will decrease.

5. **Ability to identify wants and needs**

- Can the client identify they needs and wants? If so, the less they will need to eating disorder to fill the unmet void

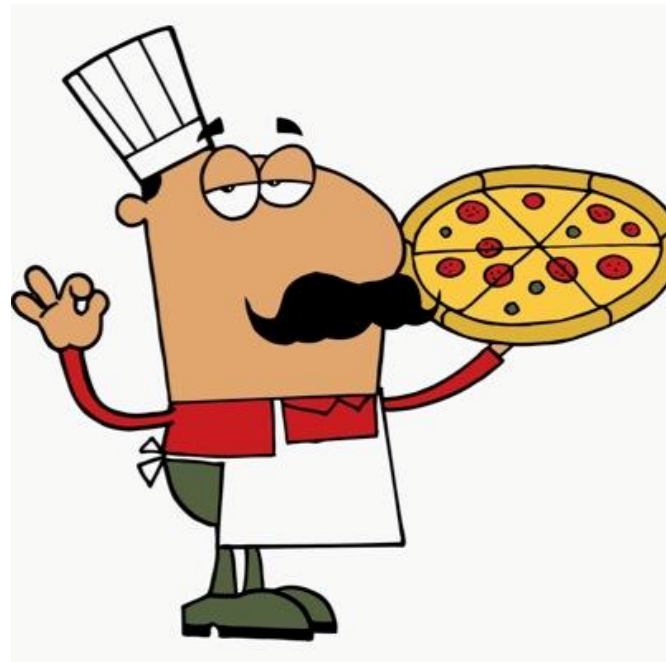
Reject the Diet Mentality

- Diets can create distrust within ourselves and decrease self-esteem
- Negatively impact our metabolism, cognitive process, and increase depression and isolation
- Get rid of the diet books, scale, and the idea of dropping pounds.



Pizza, Pizza!!

Let's break it down...



Sauce

- Lycopene – antioxidant
- Vitamin C – helps build immune system and fight off infections, helps heal cuts and wounds and keeps teeth and gums healthy



Cheese

- Protein – helps build and repair muscle
- Fat – helps protect our organs, gives your brain energy
- Calcium - essential part of bones and teeth, needed for heart & nerve function

Crust

- Carbohydrates – fuels our body with glucose needed to function
- Vitamin B – fuels our body with energy

Honor Your Hunger + Respect Your Fullness

- Don't ignore hunger signs. Honor them by nourishing your body and eating.
- Feed your body with the energy that it needs, like carbohydrates.
- Tune into your hunger and satiety cues by asking, "Am I hungry? What is my hunger level?"

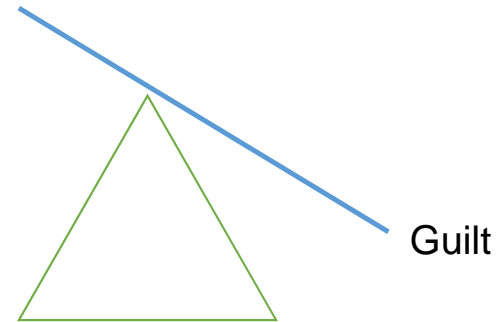


Make Peace with Food

Using Moderation

- Listening to your instincts and hunger cues
- Think about your overall intake and not just the portion size of one particular item

Deprivation



- The deprivation set up and backlash
- Last supper eating
- The Key: Unconditional Permission to Eat

Challenge the Food Police



Discover the Satisfaction Factor

Physical Hunger

- Hunger comes on gradual, you may hear your stomach begin to rumble, or feel it empty
- Able to eat different foods
- Happens out of physical need to eat
- You are able to wait to eat
- Able to stop when full

Emotional Hunger

- Hunger comes on suddenly and you feel “starving”
- An emotionally based craving based upon what your mind and mouth wants
- Paired with an upsetting emotion
- Often connected to absent minded eating
- May feel guilty after eating
- Can’t stop eating in response to fullness cues

Honor Your Feelings Without Using Food

There are 4 key steps to use with your clients as you are helping them to make food less important in their life

1. Am I biologically hungry?
2. What am I feeling?
3. What do I need?
4. Would you please....?

Emotional Triggers

- Boredom
- Bribery/Reward
- Excitement
- Soothing
- Love
- Frustration/Anger/Rage
- Stress
- Anxiety
- Depression
- Being connected
- Loosening the reins

Honor Your Feelings Without Using Food: Mindful Eating

Core Feelings

Joy
(happy, hopeful, love)

Anger
(frustrated, annoyed, can be secondary)

Fear
(anxious, overwhelmed)

Pain
(sad, lonely, grief)

Shame
(bad, not good enough)

Guilt
(regretful, remorseful)

Meal	Hunger/Satiety		Anxiety Level	Taste/Textures/Colors/Temp	Emotions & Feelings
	Before Meal	After Meal			
Breakfast					
Am Snack					
Lunch					
PM Snack					
Dinner					
Evening Snack					

Respect Your Body

- *Accept your genetic blueprint*
- Respecting the body means treating it with dignity and meeting basic needs
- Stop body bashing
- Your body deserves to be dressed comfortably
- Instead of “My thighs are so big” change it to “I like my thighs because they are strong.” Don’t engage in fat-talk

Exercise - Feel the Difference

In Early Recovery

- Will need to stop exercising until medically cleared
- Focus on body movement versus exercise
- Education on the benefits of body movement/exercise
- Going on daily 20 minute walks
- As the weight stabilizes and medical labs are clear the exercise can gradually increase

In Later Recovery

- Focus on body movement versus exercise
- Education on the benefits of body movement/exercise
- Can do mild to moderate exercise with medical clearance, meal plan compliance and weight stabilization

Exercise - Feel the Difference

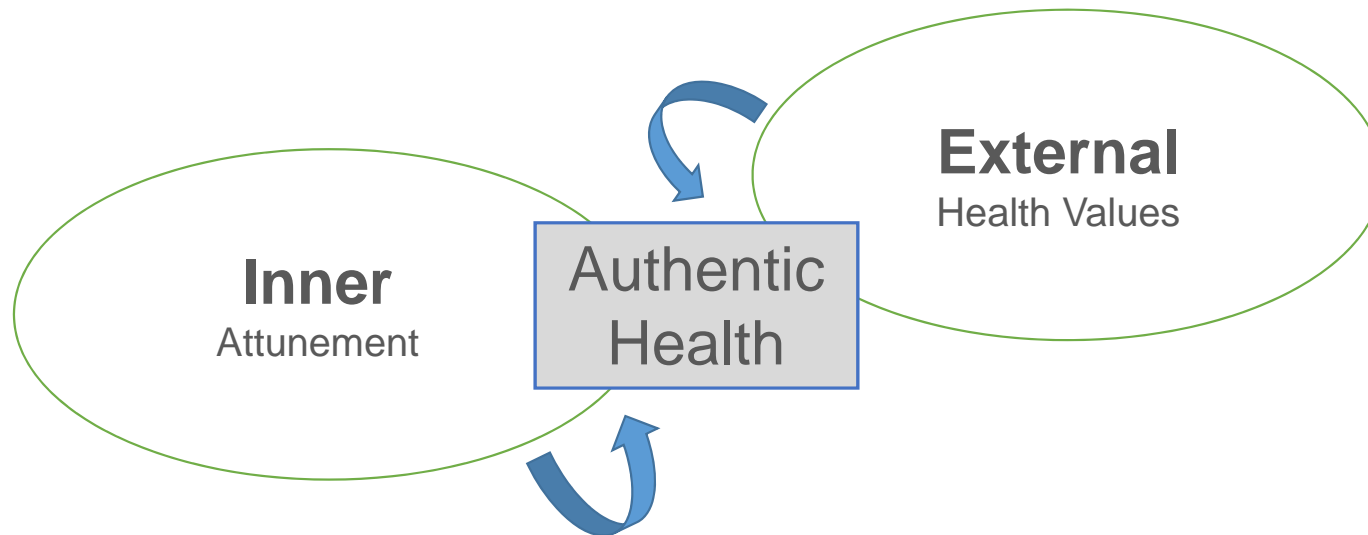
- Forget militant exercise
- Shift your focus to how it feels to move your body vs. burning calories
- Don't deprive yourself of needed nutritional energy
- Focus on exercise as a way of taking care of yourself
- Include strength training when appropriate
- Be comfortable
- Make exercise fun

**FITBIT MAKES
GETTING IN
SHAPE AS
ADDICTIVE AS
CHECKING
FACEBOOK AND
TWITTER.**

~time magazine

Honor Your Health

- It's time for a food attitude adjustment
- Eat a variety of food including grains, protein, fruits, vegetables, dairy, and fat



Resources

Intuitive Eating By Evelyn Tribole MS, RD and Elyse Resch MS, RD, FADA

The Intuitive Eating Workbook By Evelyn Tribole MS, RD and Elyse Resch MS, RD, FADA



Questions

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