

Eating for Your Health

Session 1
August 2022

Outline

- Making Changes
- Increasing your eating awareness
- Non-hungry eating
- Questions and feedback

www.waitematadhb.govt.nz

Search “Eating for Your Health”

Whakawhanaungatanga

- Your name
- Something about yourself (e.g. where you are from, a hobby/interest)
- Something you hope to get out of these sessions



Health & Wellbeing



Reasons I Want to Make Changes

<input type="checkbox"/> To feel better	<input type="checkbox"/> To have more energy
<input type="checkbox"/> To sleep better	<input type="checkbox"/> To make a goal and achieve it
<input type="checkbox"/> To feel comfortable in my body	<input type="checkbox"/> To take better care of myself
<input type="checkbox"/> To be fitter	<input type="checkbox"/> To be less self-critical
<input type="checkbox"/> To be able to do things I can't now	<input type="checkbox"/> To be able to enjoy physical activity
<input type="checkbox"/> To be able to play with my children / grandchildren	<input type="checkbox"/> To be grateful for the body I have
<input type="checkbox"/> To live longer	<input type="checkbox"/> To show myself that I can do it
<input type="checkbox"/> To have more confidence	<input type="checkbox"/> To be proud of myself
<input type="checkbox"/> To feel more outgoing	<input type="checkbox"/> To enjoy my ability to walk, talk and play
<input type="checkbox"/> To be able to do more things	<input type="checkbox"/> To feel strong and physically capable
<input type="checkbox"/> To have my stomach feel good after I eat	<input type="checkbox"/> To really savour and enjoy foods I love to eat
<input type="checkbox"/> To be able to eat without guilt	<input type="checkbox"/> To feel more in control
<input type="checkbox"/> To enjoy and appreciate the present moment	<input type="checkbox"/> To feel confident that I am truly looking after myself
<input type="checkbox"/> To trust my body cues	<input type="checkbox"/> To be able to walk to my letterbox
<input type="checkbox"/> To enjoy more dietary variety	<input type="checkbox"/> To enjoy sexual intimacy more
<input type="checkbox"/>	<input type="checkbox"/>

Other Reasons

Digestive:

- Feel physically comfortable inside
- Stomach feels good inside when I go to bed at night
- Wake up feeling rested and ready for a satisfying breakfast

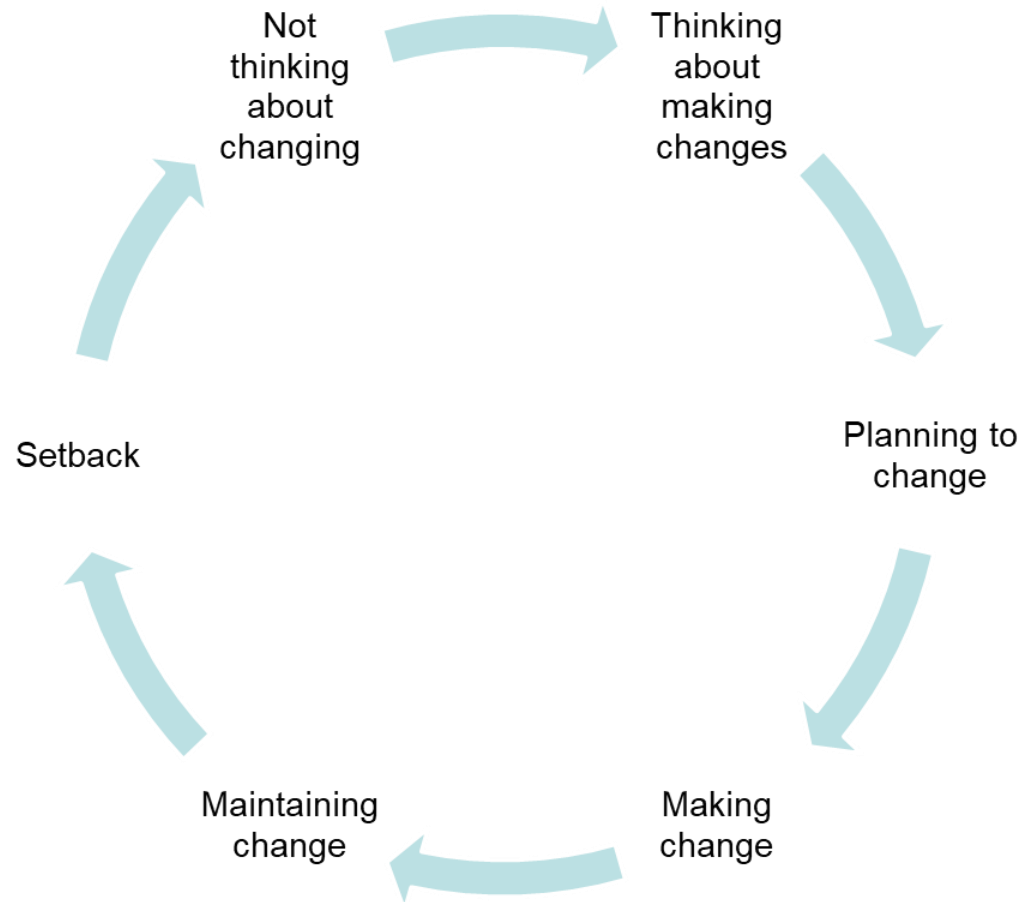
Physical:

- Enjoy and appreciate what my body can do
- Have a life free from uncomfortable fullness and uncomfortable hunger
- Able to walk around the block

Psychological:

- Appreciate all life has to offer without worrying about my weight
- Be free from worrying about food choices
- Enjoy listening to and honouring my body signals

Cycle of Change



Making Changes

How **important** is it to you to make changes to your lifestyle right now?

Place a circle where you think you are

1	2	3	4	5	6	7	8	9	10
Not Important				Somewhat Important				Very Important	

How **confident** are you that you could make a change right now?

Place a circle where you think you are

1	2	3	4	5	6	7	8	9	10
Not Confident				Somewhat Confident				Very Confident	

Think about these questions:

- Do you feel you have enough confidence to make changes at the moment?
- If not, what needs to change in your life so you can feel more confident?

Use the space below to list anything that makes it harder (barriers) for you to make changes. Then come up with some possible solutions to help you overcome these.

Barriers

Solutions

Eating Awareness

Hunger is most trustworthy when we are:

- well-slept



- well hydrated



- without high stress



Non-Hungry Eating

Common reasons for non-hungry eating:

- Boredom
- Social events
- Eating too fast
- Cultural expectations
- Emotions – sad, stressed, happy
- Enjoying the taste
- Availability – because it's there
- Habit - snacks with TV or at work desk
- Reward - went to the gym, productive day at work
- Parents told us to eat everything on the plate
- Confusing hunger with thirst
- Marketing/advertising
- Filling up but not feeling satisfied

Overcoming Non-Hungry Eating

Boredom:

- Plan B list of activities
- Change up patterns

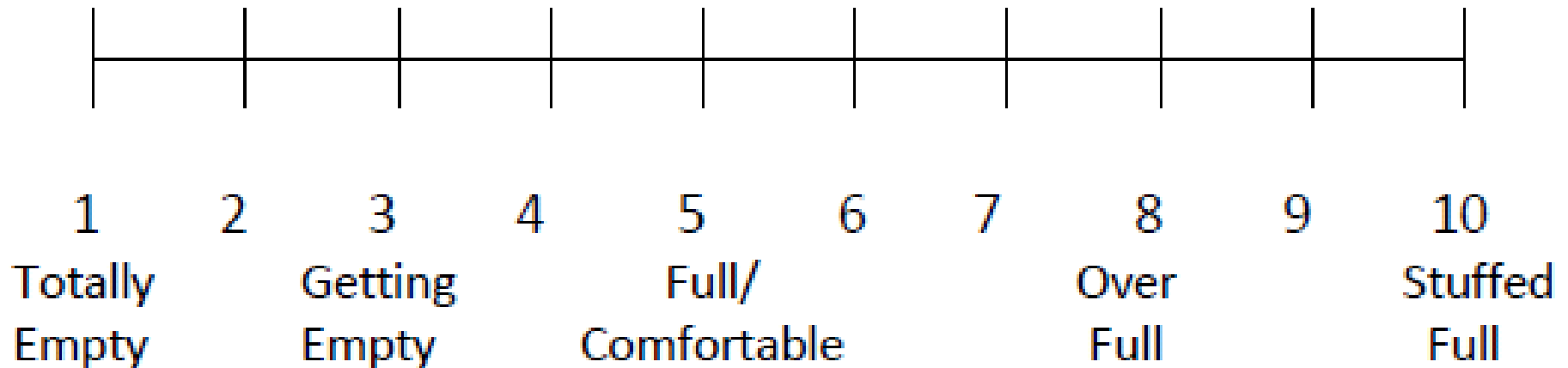
Seeing others eating:

Perhaps more a desire for social interaction?



Emotional: What is it you actually need?
Are you redirecting feelings?

Hunger / Fullness Scale



Eating Awareness Diary

Time/ date/ place/ activity	Thoughts & feelings before eating/ drinking	Hunger/ fullness scale before eating	Food/ drink consumed	Hunger/ fullness scale after eating	Thoughts & feelings after eating/ drinking	Speed of eating – slow/ moderate/ fast/ very fast
<i>e.g. 11am Work lunch room chatting/eating</i>	<i>e.g. Morning tea was provided and I ate it "because it was there"</i>	<i>e.g. 5</i>	<i>e.g. 2 pieces of slice, 1 piece of fruit, 3 small savouries</i>	<i>e.g. 10</i>	<i>e.g. I feel disappointed with myself for eating as much as I did. There were lots of choices and I had to try them all</i>	<i>e.g. Fast</i>
<i>e.g. 1pm Kitchen table by self</i>	<i>e.g. Lunch time – starting to feel hungry</i>	<i>e.g. 3</i>	<i>e.g. 1 tuna & salad sandwich, 1 apple, glass of water</i>	<i>e.g. 5</i>	<i>e.g. Feeling satisfied and good about myself for eating when I am feeling hungry and not over eating</i>	<i>e.g. Moderate/fast</i>

Homework & Session 2

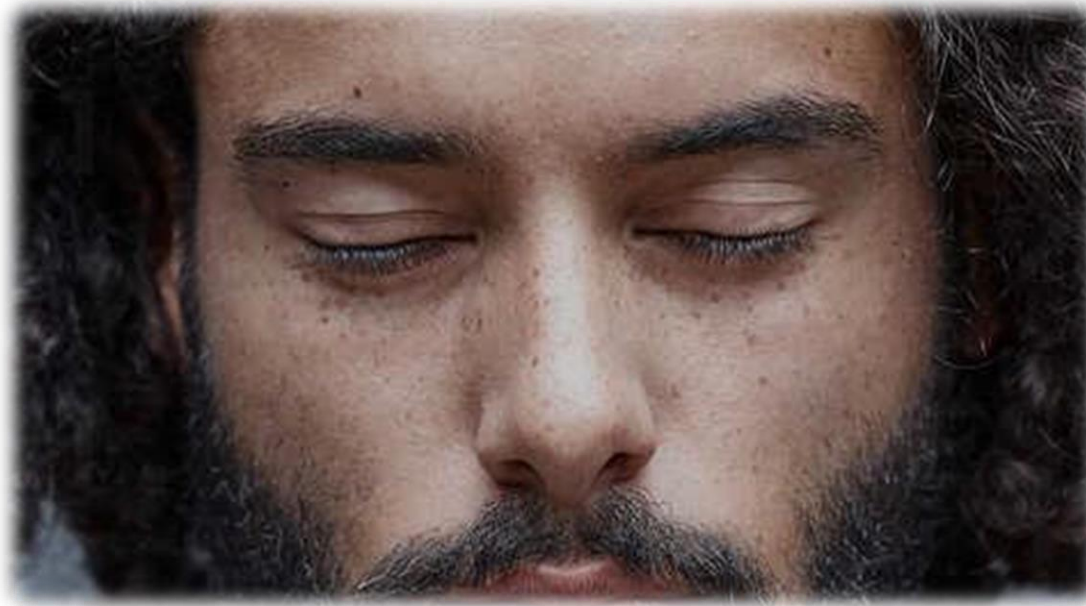
- Advantages card
- Making changes
- Hunger / fullness scale
- Eating awareness diary



Next time...

- Why diets don't work
- Mindful eating
- Buzz kai/foods
- When things don't go to plan

Hunger-Fullness Scan



Pātai



www.waitematadhb.govt.nz

Search "Eating for Your Health"

Acknowledgement: The Non-Diet Approach Guidebook for Dietitians © 2013 by Fiona Willer