PROBLEM SOLVING USING INTUITIVE EATING

1. For those of you who came to last month’s class, what have you learned about your eating? What were the challenges?

2. How would you describe being hungry?

What are the benefits of eating when you are hungry versus eating when you are not hungry? We eat 20% of the time when we are hungry, and 80% of the time when we are not hungry. Eating intuitively is eating according to the needs of your body (not your mind) so eating in this way will help you to eat just the right amount of food for you based on your activity level for the day and the calories and amount of food that you are eating.

Were there any times since the last class when you went longer than 5 hours without eating, and as a result became overly hungry? How was that experience like for you?

3. How would you describe being full?

Is it not always easy to detect when you are full? You can always stop eating, and then tell yourself in 20 minutes that if you are still hungry, you can eat more.

Did you have any situations when you overate? How did that feel? Did you use that experience to teach you something about your own eating?

4. Can everyone learn how to eat intuitively?

Yes, but it does take practice. If you have dieted a lot in the past, you may have lost that feeling of hunger and fullness because you have been guided by what the diet told you to eat, not by what your body told you to eat. To practice intuitive eating, use the “hunger fullness chart”. Practicing will help you to become more aware of your hunger and whether you are eating in response to hunger or something else.
5. Meals and Snacks

In healthy eating, it is important to eat three meals a day including breakfast. Breakfast foods usually include carbohydrate which is used as fuel for your brain. Depending on the size of your meals, eating healthy snacks can also keep you from becoming overly hungry. When you are overly hungry, you will overeat. Do not go longer than three to five hours without eating.

6. Select foods that help regulation: see handout.

7. How does intuitive eating help you meet your nutrition goals?

8. Now let’s go back to those challenges and brainstorm how to deal with them in a positive manner:

Possible challenges:

Late afternoon or after dinner snacking?

Having a dessert: when is the best time to eat it? How can you eat a small portion of something sweet and be satisfied with it?

How can you be more mindful in your eating especially your dinner? Create an environment to give you the most pleasure in eating your dinner.

Other challenges:

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PRACTICE THE HUNGER FULLNESS CHART SO THAT EATING WHEN YOU ARE HUNGRY AND STOPPING TO EAT WHEN YOU ARE JUST FULL…………..WILL BECOME INTUITIVE!!