

Mindful Eating and Weight Management

Carolyn Dunn, PhD, RDN, LDN
Professor and Head
Department of Agricultural and Human Sciences

NC STATE UNIVERSITY



Our Food Environment




MINDFULNESS

The ability to be open, accepting, and present in the moment and doing things purposefully. No judgement.

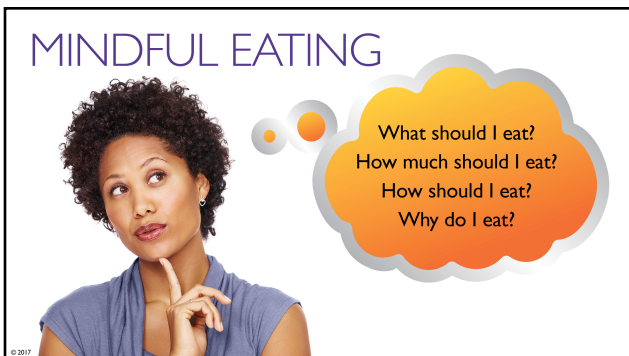
MINDFUL EATING

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Eat with awareness.



MINDFUL EATING



What should I eat?
How much should I eat?
How should I eat?
Why do I eat?



Mindless eating

Multi-tasking



Learning about mindful eating from a raisin.

Disinhibition
Awareness
External Cues
Emotional Response
Distraction

DOMAINS of Mindful Eating

Disinhibition

- I stop eating when I'm full even when eating something I love.
- When a restaurant portion is too large, I stop eating when I'm full.
- When I eat at "all you can eat" buffets, I tend to overeat.
- If there are leftovers that I like, I take a second helping even though I'm full.
- If there's good food at a party, I'll continue eating even after I'm full.
- When I'm eating one of my favorite foods, I don't recognize when I've had enough.
- When I'm at a restaurant, I can tell when the portion I've been served is too large for me.
- If it doesn't cost much more, I get the larger size food or drink regardless of how hungry I feel.

DOMAINS of Mindful Eating

Awareness

- I notice when there are subtle flavors in the foods I eat.
- Before I eat I take a moment to appreciate the colors and smells of my food.
- I appreciate the way my food looks on my plate.
- When eating a pleasant meal, I notice if it makes me feel relaxed.
- I taste every bite of food that I eat.
- I notice when the food I eat affects my emotional state.
- I notice when foods and drinks are too sweet.

DOMAINS of Mindful Eating

External Cues

- I recognize when food advertisements make me want to eat.
- I notice when I'm eating from a dish of candy just because it's there.
- I recognize when I'm eating and not hungry.
- I notice when just going into a movie theater makes me want to eat candy or popcorn.
- When I eat a big meal, I notice if it makes me feel heavy or sluggish.
- At a party where there is a lot of good food, I notice when it makes me want to eat more food than I should.

DOMAINS of Mindful Eating

Emotional Response

- When I'm sad I eat to feel better.
- When I'm feeling stressed at work I'll go find something to eat.
- I have trouble not eating ice cream, cookies, or chips if they're around the house.
- I snack without noticing that I am eating.

DOMAINS of Mindful Eating

Distraction

My thoughts tend to wander while I am eating.
 I think about things I need to do while I am eating.
 I eat so quickly that I don't taste what I'm eating.

DOMAINS of Mindful Eating



Eat Smart, Move More, Weigh Less is a 15-week, online weight-management program delivered in real-time by a live Registered Dietitian Nutritionist (RDN).


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15 WEEKLY SESSIONS

Introduction | Make Your Commitment | Re-Think Your Drink | Eat Fewer Calories | Move More | Check the Facts | Enjoy More Fruits and Vegetables | Right-Size Your Portions | Plan, Shop, Fix and Eat | Eat Out Less | Move Strong | Start Smart | Reduce Screen Time | Pack Smart Lunches | Keep Your Commitment

Each lesson includes:

- Evidence to support the strategy
- Practical steps for adopting the behavior
- 3-5 minute physical activity break
- Ways concepts can be adopted by the whole family
- Opportunity for sharing and celebrating
- Suggestions for living mindfully
- Guided discussion of strategy for the week



PLAN TRACK + LIVE MINDFULLY


HEALTHY WEIGHT



- Pay attention to the events, activities, and thoughts that make up your life.
- Do things purposefully.

LIVE MINDFULLY

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12 Mindful Eating Strategies¹

1 Make eating an exclusive event.
 When you eat—only eat. Give eating the attention it needs to fully enjoy your food and be mindful of every bite. Eating without distraction can help you better recognize when you are full.

1. Dunn C, Thomas C, Aggestam S, Newby K, Johnson M, Myer S, Haskenderian M. 12 Mindful Eating Strategies. 2018. www.weighless.com/wp-content/uploads/2018/03/12-Mindful-Eating-Strategies.pdf.