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RMISSION TO EAT		
Video Three		
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	2	
INCIPLE #3: MAKE		
EACE WITH FOOD		
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DEPRIVATION BACKLASH 8 **DEPRIVATION BACKLASH** ➤ The mere thought of deprivation can trigger overeating ➤ "Pre-diet" ritual ➤ "Post-diet" ritual ➤ "Post-diet" ritual confirms beliefs in need for restriction Permission to Eat I Video Three

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RESTRAINED EATING

- ➤ The moment a forbidden food is eaten, overeating takes place
- ➤ The moment a calorie level is exceeded, overeating takes place
- ➤ The mere perception of breaking a food rule or eating a forbidden food may trigger overeating

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RESTRAINED EATING STUDIES

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14

STUDY: COUNTER-REGULATION EFFECT

- ➤ Northwestern University
- ➤ Perception: Taste testing milkshakes
- ➤ Reality: Determine how diet thinking might affect eating after drinking milkshakes
- ➤ Result: The non-dieters naturally regulated their eating; they ate less ice cream in proportion to the amount of milkshakes consumed.
- ➤ The dieters ate more in relation to the amount of milkshakes consumes

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STUDY: PERCEPTION EFFECTS EATING

- ➤ Test: How dieters perceive calories
- ➤ 2 Groups (High Calorie Pudding vs Low Calorie Pudding)
- ➤ Within each of these groups, half of the subjects were told that the pudding was high in calories, and half were told that it was low.
- ➤ Result: The dieters who thought the pudding was high in calories ate more than the dieters who thought the pudding was low in calories (by 61%)

SEESAW SYNDROME	15
SEESAW SYNDROME Deprivation Guilt	16
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SEESAW SYNDROME	
Deprivation ———— Guilt	
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SEESAW SYNDROME	
Guilt	

Deprivation

KEY: UNCONDITIONAL PERMISSION TO KEY

UNCONDITIONAL PERMISSION TO EAT

- ➤ Throwing out the preconceived notion that certain foods are "good" and others are "bad"
- ➤ Eating what you really want
- ➤ Eating without making "deals"

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20



Making peace with food means allowing <u>ALL</u> foods back into the game.

THE PEACE PROCESS

- ➤ Intensity diminishes once restriction is lifted
- ➤ Instill belief via experience
- ➤ Clients must face "official permission"

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22

In spite of the overwhelming evidence that restriction leads to deprivation backlash, many clients will be overly anxious when they get to this principle.

THE PEACE PROCESS ROADBLOCKS

- ➤ Pseudo-permission
- ➤ Self-Fulfilling prophecy
- ➤ Lack of trust

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26

5 STEPS TO MAKE PEACE WITH FOOD

	TEPS '			ITH FOOD	

- Pay attention to the foods that seem appealing and make a list (all encompassing)
- 2. What foods do you eat? What foods do you restrict?
- 3. Start with one food from the restriction list food
- 4. Check in; does the food tastes as good as imagined
- 5. Make sure that the food is available



We are always circling back to our hunger and satiety cues.

