RECOGNIZE BIOLOGICAL FULLNESS Video Five	
● RDN Academy 2017	
PRINCIPLE #5 FEEL YOUR FULLNESS	



Listen for the body signals that tell you that you are no longer hungry.

Observe the signs that show that you're comfortably full. Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is.

-Tribole & Resch

RECOGNIZE SATIETY

- ➤ Helping patients recognize satiety...
 - ✓ Connect with their physical sensations from fullness
 - ✓ Contemplate how they want to feel, physically, after eating a meal or snack
 - ✓ Practice identifying the nuances of fullness
 - ✓ Work on the clean plate mentality

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LIMITING FACTORS	5	
➤ Respecting the economics and the value of food		
➤ Ingrained habit of eating to completion		
➤ Habitually eating when overly hungry		
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THE KEY TO RESPECTING		
THE KEY TO RESPECTING SATIETY IS THE UNCONDITIONAL		
THE KEY TO RESPECTING SATIETY IS THE UNCONDITIONAL PERMISSION TO EAT		
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RECOGNIZING COMFORTABLE SATIETY	7
➤ A subtle feeling of stomach fullness	
Feeling satisfied and contentNothingness	
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BREAKING THE	
PATTERN	

DISRUPTING AUTOPILOT	9	
Eat in a new locationChange up the scenery		
➤ Eat off a different plate		
➤ Eat at a different time		
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MINDFUL EATING:		
TURNING OFF AUTOPILOT		
AND NON-JUDGMENTALLY		
OBSERVING THE MOMENT		

RECOGNIZING SATIETY

SATIETY FACTORS

- ➤ Time since last meal
- ➤ What was eaten at the last meal
- ➤ Initial hunger
- ➤ How quickly the meal was consumed
- ➤ Number of distractions present

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RECOGNIZING SATIETY	13
➤ Pausing mid-meal ✓ Taste check	
✓ Satiety/fullness check-in	
➤ Observing end of meal for fullness/satiety	
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RECOGNIZING SATIETY -AWARENESS	14
➤ How to increase awareness ✓ Slow down	
✓ Distraction free eating	
✓ Conscious reinforcement	
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SOCIAL INFLUENCE	15
➤ The more people gathered at a meal, the more people tend to eat	
➤ Eating with others increases the duration of the meal	
Eating more on weekends may be related to social gatherings	
 Ignoring or distracted from biological signals due to social setting 	
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SAYING NO TO FOOD	16
➤ Work	16
➤ Work➤ Home➤ Social gathering	16
➤ Work ➤ Home	16
➤ Work➤ Home➤ Social gathering	16
➤ Work➤ Home➤ Social gathering	16
➤ Work➤ Home➤ Social gathering	
 Work Home Social gathering Friend/family members 	16
 Work Home Social gathering Friend/family members 	
 Work Home Social gathering Friend/family members 	

SAYING NO TO FOOD	17	
No, thank youI appreciate it, but no thank you		
 Nah, I am not really in the mood for (fill in the blank) Everything was amazing, but I am full 		
Everything was amazing, but I am full Everything was amazing, can I get the recipe		
	-	
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	-	
DEALING WITH THE		
QUESTION RE: CLIENTS NEW FOUND "RESTRAINT"		

