

DIET + INTUITIVE EATING

- T2 Diabetes
- Sodium reductions for HTN
- Weight loss
- Inflammatory Bowel Disease(s)
- GERD
- IBS (with or without FODMAP)

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WHAT TO ADDRESS WITH LIMITED TIME

- Assessment questions (Module One, Video Four)
- What questions work best for your assignments?
- Explore and experiment (even test out your own assessment questions)

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MY SUGGESTIONS

- > Do you often ignore the sensations of hunger until you are ravenous?
- > Do you often eat past the point of “comfortably full”?
- > Where are most meals eaten?
- > Do you feel you mindlessly eat during the day? Evening?
- > Are you currently on a diet?
- > Do you currently restrict a specific food(s) or food group?
- > Do you regularly eat for a reason other than hunger?

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BEST PRINCIPLES WITH LIMITED TIME

- > Honor your hunger + feel your fullness
- > Mindful eating techniques
- > Inner dialogue
- > Journaling what you eat + why you are eating

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Discussing the psychology of
restriction is tricky!

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**WHAT DO YOU DO IF A
DIET, DISEASE OR
RESTRICTION SEEMS
UNFLINCHING?**

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OBSERVATIONS

- Mindless eating
- Coffee: reduces ability to sense hunger via caffeine
- Self limits intake during the day; eats more at dinner

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WHERE TO START WITH LIMITED TIME?

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**MEDICATION AND
APPETITE CHANGES**

INTUITIVE EATING PRINCIPLES

- Honor your hunger and satiety
- Appetite is not biological hunger
- Bring awareness to her previous biological signs of hunger and satiety
- Journaling; hunger levels, satiety levels and emotions while eating
- Mindful eating techniques (slow down, savor)
- Checking in with emotions before a meal or snack
- Exercise-feel the difference
