

Living Well Rockdale Presents:



**MONTHLY WORKSHOPS  
WITH HEALTHY TIDBITS**

**4TH THURSDAYS  
12:15-1PM  
ON ZOOM**

**STRONGER BUSINESS  
STRONGER YOU**

# Mindful Eating

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HOW CAN I BE EATING  
UNCONSCIOUSLY WHEN  
ALL I THINK ABOUT IS FOOD?



# Objectives

1. Learn about environmental factors that affect eating
2. Explore Mindful Eating
3. Find your "eating personality type"
4. Learn to set personalized goals



# YOU MAKE 200 FOOD DECISIONS DAILY



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# SURPRISED?

# Food Decision

## More Common

- Chicken or fish?
- Pasta or potatoes?
- Chick-fil-a or McDonald's?
- Take out or eat out?

## Less Common

- Is the TV on? Am I playing music?
- What bowl/plate/cup will I use?
- Will I eat as soon as I get home?
- Eat until full or until the plate is clean?



**We all get  
tricked by our  
environment!**

## Why do we think we eat?

- How good the food tastes
- How full we are

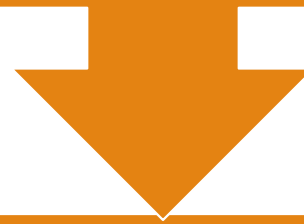
## Why do we really eat?

- The environment
- The scripts that we've been taught
- Embedded behaviors





Moviegoers were given a free bucket of popcorn and soda when heading into a movie



## Interesting findings

The taste didn't matter

The environment and social norms did

The size of the bucket influenced consumption



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# Endless Soup Bowl



- Many of us think we stop eating when we're full. Truly, we typically use visual cues
  - Just like a jogger decides, "I'm going to run to the park and back"
  - When the plate is empty or when half is gone
- Tested this with a regular bowl versus one that constantly refilled
  - Regular bowl – 9oz eaten and 155 calories – thought they had 123 calories
  - Refilling bowl – 15oz and 268 calories – thought they had 127 calories
    - Ate 73% more but rated their fullness the same





# Candy Dish Conundrum



- Dishes – clear or opaque white
  - Clear dishes – ate 77 more calories
  - Every time we see it, we must decide if we want it or not
- Placement – on desk, in drawer or 6 feet away
  - 9 kisses if on the desk
  - 6 kisses if in a drawer -out of sight, out of mind
  - 4 kisses if 6 feet away - time to think twice



# What is Mindfulness and Mindful Eating?

# Mindfulness

Rooted in Buddhist philosophy

Characteristics include paying close attention

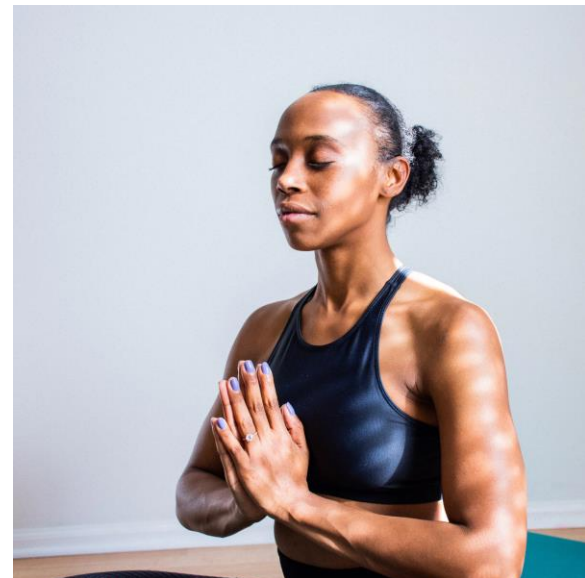
Can be employed in a variety of settings

Associated with enhanced enjoyment

# Mindful Eating

The process of paying attention (on purpose), to your actual eating experience, without judgment.

It is *eating with intention and attention*.



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# Mindful Eating

Helps combat some irrational thoughts we hold around eating

Do you always eat all the food on your plate?

Do you feel that it is rude to say "no" when someone offers you food?

Do you feel like you have to eat until you are very full?

Do you tend to eat very quickly?



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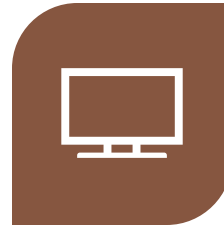
# Beginning a Mindful Eating Practice

# Stop Eating and

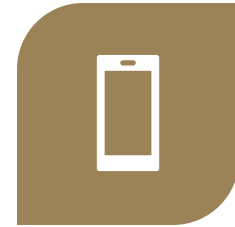
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CHECKING EMAIL



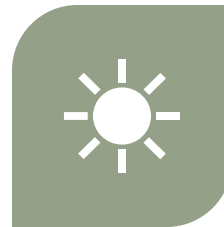
WATCHING TV



TALKING ON THE  
PHONE



READING A BOOK  
OR NEWSPAPER



WORRYING  
ABOUT OUR DAY



TALKING NON-  
STOP

Try This Instead:  
Turn it OFF!  
5 minutes of silence  
3 Mindful Bites



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# Eat Sitting Down

## Avoid:

- Food samples
- Taste testing
- Sneak bites
- Break room treats
- Nibbling



## Try This Instead:

- Create ambiance
- Plan meals and snacks ahead of time
- Don't skip meals
- Keep extra food away from the table



# Practice Slowing Down

- 20 minutes from beginning to end of a meal
- Try this Instead:
  - Eat with chopsticks or your non-dominant hand
  - Put your utensil down after each bite
  - Chew your food well and pay attention
  - Reload only after your mouth is empty





# Practice Slowing Down



Savor



Taste



Observe



Pause

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# Hunger and Fullness Scale

Rating	Hunger / Fullness Feelings
10	Uncomfortably full or "sick" – "Thanksgiving full"
9	Stuffed and uncomfortable
8	Too full, somewhat uncomfortable
7	Full, but not yet uncomfortable – hunger is gone
6	Filling up, but still comfortable – could definitely eat more
5	Neutral – neither hungry nor full
4	Slightly hungry, faint signals that your body needs food, but you can still wait to eat
3	Hungry, not yet uncomfortable, clear signals that your body needs food
2	Very hungry, irritable or anxious – you want to eat everything in sight
1	Starving, feeling weak, lightheaded, dizzy, or other extremely uncomfortable symptoms of hunger





# Eating Personalities

# The "Meal Stuffer"

## Characteristics

- May be the cook of the house
- Clean their plate and take seconds at home
- Often eat to excess



## Tactics

- Put vegetables, salads, and other healthy sides on the table
- Leave everything else on the stove after serving
- Use smaller plates
- Use the "half-plate rule"



# The "Snack Grazer"



## Characteristics

- Generally eats well at meals – balanced and nutritious
- Trouble with things like the candy dish, ice cream in the freezer, chips in the cupboard
- May be eating from stress or boredom

## Tactics

- Only eat at a table from a plate or bowl
- Only healthy foods should be left in plain sight
- Don't pre-buy for future occasions
- Have colorful, pre-cut fruits and veggies on hand in the front of the fridge



# The "Party Binger"



## Characteristics

- May travel a lot for work or be invited to receptions or parties multiple nights per week
- Finds lots of reasons to celebrate – tailgates, happy hour, etc
- Food is a backdrop for business or fun

## Tactics

- Only place two things on your plate at any given trip to the table
- Sit away from the buffet
- Fill up on crunchy veggies and see how much room you have left
- If engaged in a fun/important conversation, put food down



# The "Restaurant Indulger"



## Characteristics

- Typically eats 3+ dinners per week out
- May be an expense account
- "Foodie" or "Good food" lover

## Tactics

- Out of appetizers, drinks & desserts, choose two
- Beware of health halos: vegetarian meals, turkey burgers, etc
- Sit next to a slower eater as a "Pacesetter"



# The "Desktop/ Dashboard Diner"



## Characteristics

- Frequent speed-eating and multi-tasking
- May be eating out of the vending machine or whatever goodies are in the break room
- Didn't eat a "real meal" and binges on dinner

## Tactics

- Try to bring a real lunch to work a few times a week
- Use food trade-offs or polices throughout the week
- Step away from the computer or pull over while eating and really focus





# Mindlessly Eating Better



Change no more than three small things per month



Utilize food trade offs

"I can have fries if I throw half of them away before I sit down."

"I can have a second soft drink if I use the stairs all day."



Make food policies

"No second helpings of starches."

"No bagels on weekdays"



# PRIZES!

<http://bit.ly/2DR99Xb>

Program Name: **Mindful Eating**

Program Date: **10/22/2020**

When you answer "*How would you summarize your experience in the program in one sentence?*" **include your email address** to be entered in the drawing!

We'll choose 3 random names after each session!



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# What's next??

# Thank you!

Have more questions? Email us at:

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[marybeth.hornbeck@uga.edu](mailto:marybeth.hornbeck@uga.edu)



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