

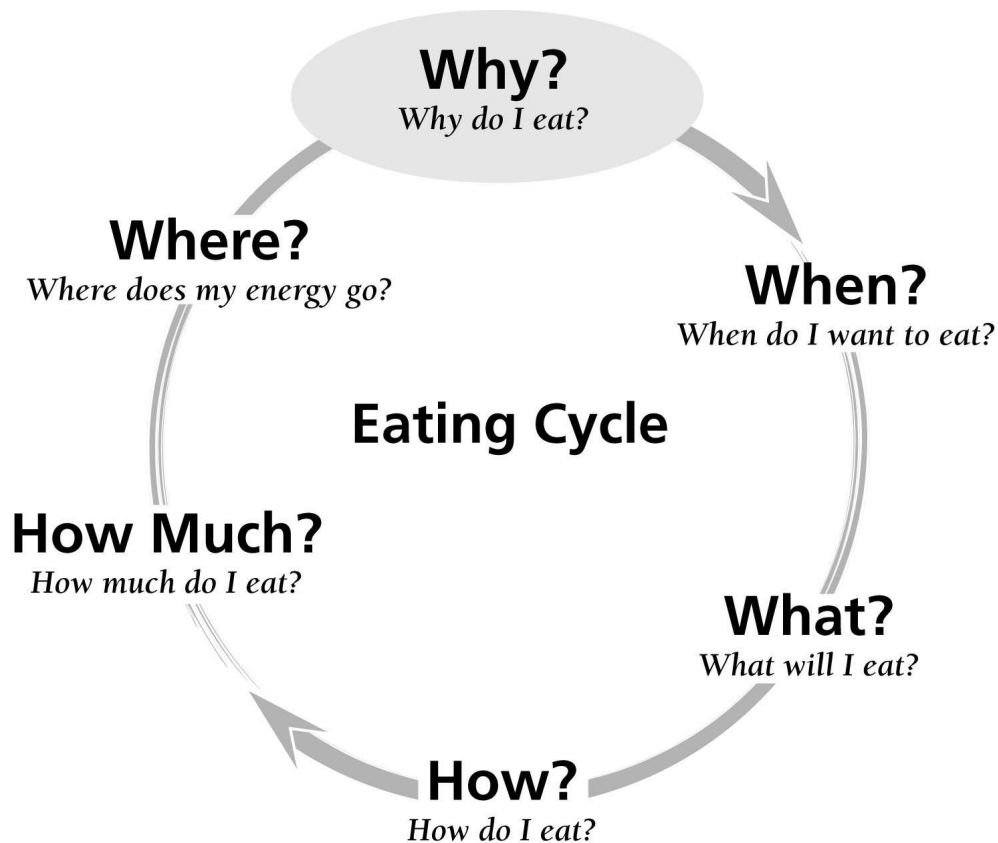


Eating Cycle

by Michelle May, M.D.

MMay@AmIHungry.com or 480 704-7811

www.AmIHungry.com



From *Am I Hungry?*
What to Do When Diets Don't Work
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Brief Intervention based on the Am I Hungry? Eating Cycle

Decision	Questions to Identify Issues	Key Messages and Strategies
<p>Why? Why do I eat?</p>	<ul style="list-style-type: none"> • Why do you think you eat? • Are you aware of any situations or emotions that trigger you to want to eat when you aren't hungry? (Examples: mealtimes, ballgames, certain people, stress, boredom, buffets, getting ready to start a diet?) • Have you tried a lot of diets? What happened? How did they work for you long term? Why? 	<ul style="list-style-type: none"> • Instinctive Eating Cycle: Hunger is the primary reason for eating; it is a primitive yet reliable way to regulate fuel intake. • Overeating Cycle: Environmental and emotional cues can trigger an urge to eat (or continue eating) whether there is a physical need for fuel or not. • Restrictive Eating Cycle: Diets can lead to preoccupation with food and feelings of deprivation that eventually lead to rebound overeating.
<p>When? When do I feel like eating?</p>	<ul style="list-style-type: none"> • When do you feel like eating? • How can you tell when you're hungry? • How could you distract yourself from eating until you get hungry? • What could you do to cope more effectively with your emotional triggers for eating, for example: manage stress better, find a hobby, treat yourself to a hot bath, ask for help around the house? 	<ul style="list-style-type: none"> • Ask yourself, "Am I hungry?" whenever you feel like eating. (Help them develop an internalized mechanism of knowing when to eat.) • Hunger is a <i>physical</i> feeling; it is not the same thing as cravings, appetite or a desire to eat. • Getting <i>too</i> hungry can be a trigger for overeating. • Identify and reduce environmental cues for overeating, for example putting food out of sight, avoiding areas like the break room where food is likely to be found and ordering half-portions or sharing meals. • Identify and cope with emotional triggers for overeating such as boredom, stress, sadness, anger, loneliness, celebrating, or rewarding yourself. (Refer as needed).
<p>What? What do I eat?</p>	<ul style="list-style-type: none"> • What do you eat in a typical day? • Do you restrict yourself from eating certain foods then later give-in and overeat those foods? • Are there any areas of your diet that you think could be improved? • What specific change would you like to make at this time? • What health issues do you need to be aware of when choosing food (i.e. h/o high cholesterol, family h/o diabetes, BMI > 25, etc.) • What kind of beverages do you drink? • What types of food do you want to eat when you're eating for emotional reasons? 	<ul style="list-style-type: none"> • All Foods Fit: there are no "good" foods or "bad" foods. • Use balance, variety and moderation to guide your choices. <ul style="list-style-type: none"> ○ Balance - provide your body with the necessary nutrients. Balance eating for nourishment with eating for enjoyment. ○ Variety - eat a variety of foods from the different food groups and a variety of foods within each group. ○ Moderation – consider overall dietary intake, not just the portion size of one particular item. • Ask yourself three questions when deciding what to eat: What do I want? What do I need? What do I have? Make small, focused, incremental changes, for example, increasing fruits and vegetables,

	<ul style="list-style-type: none"> • What kind of food could you keep on hand to eat when you are hungry? 	<p>improving the quality of the fluids you drink, lowering saturated and trans fat intake and switching to healthier fats.</p>
<p>How? How do I eat?</p>	<ul style="list-style-type: none"> • Do you eat while distracted, for example, watching T.V., driving or working? • Do you think you eat fast? • Do you eat differently in private than you do in public? 	<ul style="list-style-type: none"> • Eat mindfully; stay aware of your body, the food and the ambience. • Minimize distractions: turn off the TV, eat while seated at a table. • Savor each bite, noticing the appearance, aromas and flavors. • Put your fork down between bites.
<p>How Much? How much do I eat?</p>	<ul style="list-style-type: none"> • How do you typically feel after eating? • How does it feel when you've eaten too much food? • What situations or emotions trigger overeating for you? • What could you do to address those triggers more effectively (for example, order less food, get up from the table, turn off the T.V., etc.) 	<ul style="list-style-type: none"> • Your stomach is only about the size of your fist so it only takes about a palm-full of food to fill it. • Eating too much can cause you to feel uncomfortable and sluggish. (Help them develop an internalized mechanism of portion control.) • When you eat more than your body needs, it has no choice but to store the extra fuel. • Practice ending your meal when you are satisfied instead of stuffed.
<p>Where? Where do I invest my energy?</p>	<ul style="list-style-type: none"> • Where do you spend (or invest) the fuel you consume? • Are you physically active? • Do you limit your "screen time?" • Do you exercise? What do you like to do? • What else do you do? For example, do you like to play with your children, do you have hobbies, do you volunteer, do you like to travel? • Is there anything else you would like to do that you are not doing now? What are your goals for your relationships, your career, your life? 	<ul style="list-style-type: none"> • The food you consume provides the energy and nutrients to live, work, play and exercise. • When you eat more than you need, the excess fuel will be stored to be used for fuel later. • Increased physical activity in daily living can have a significant impact on your fuel balance. • Exercise will improve your health, increase your stamina and function, and make you feel better. • When you invest your energy in living a full, balanced life, you are less likely to use food to meet your needs, therefore breaking an Overeating and Restrictive Eating Cycle.