

FOCUSED EATING

Welcome back. My name is April. Today we are going to be talking about how to practice focused eating. Now a lot of people when they think about diets, they think about the word restrictive or being hungry all the time, but the truth is to eat healthy you actually need to pay attention to what you eat, listen to your body and you should never be overly hungry or overly full. So what I want you to do is I want you to look at the handout called "the hunger scale". And on this scale it goes from 1 to 10. Now where you would like to be is on the level 3 to 7 because that means that you are never getting overly hungry because what happens when we become overly hungry? Of course, we are going to eat a lot of foods so you want to make sure that you avoid that feeling of getting overly hungry. You also don't want to go over 7 because that means that you are not paying attention to what your body is trying to tell you. It is saying that it's full and that you need to stop. So listen when your body tells you that its getting full and make sure that you push away the plate and you stop knowing that you are going to get to eat something in a couple of hours and that you are going to eat something that you enjoy.

I would like to go to what the veterans had to say about paying attention to hunger signals and how it helped them to not get overly hungry and not also to overeat.

In the beginning when you first started, I thought about the first two weeks I always felt hungry afterwards, but after that first two weeks you stop feeling that. Now when I eat too much, I know you are going to hit that point I stop. It's not comfortable any more.

Every time I sit down to eat now I am aware of eating or before I just ate. Now I am aware of what I'm eating and not only in quality, but also in quantity and it goes give me more energy and I don't need all that excess food.

All my life growing up we were all taught to clean the plate. Don't leave anything on the plate whatever you took you had better eat it. And I kind of feel proud of myself sometimes when I push the plate away and I got a bunch of food left on it.

If I don't eat that snack especially in the afternoon then I'll get too hungry in the evening and then comes the big servings and the 2nds and 3rds and that kind of thing so the snack is really important to stave off that ravenous hunger. Don't ever to get to the point I think where you are really hungry.

I'm semi-retired. I don't have a full job any more where I was before it was rush, rush. You never had the time to sit back and really enjoy eating. There was no enjoyment. It was something you just had to do.

You eat more often, but you don't eat as much. Well if you eat the right things when you are a little bit hungry that kind of takes the edge off and it helps out when you do have your main meal.

If I get a hunger pain, rather than go grab a cookie I quit that in-between meal stuff. Just take a glass of water and wait a couple of minutes and its gone and that has been the biggest thing for me.

I take fruit to work eat and have one probably mid morning and mid afternoon.

Drink lots of water.

If you have to eat for the rest of your life and you may as well do it right.

For more information, go to the website and look at the handout "Eat Frequently To Lose Weight" and "Hungry All The Time". Now another thing to think about is some different tips for when you are trying to practice your focused eating. Other than paying attention to hunger signals, there are a few things that you can do. Remember that it is important not to eat in front of the television. Turning off the TV and any other distractions while eating can help you just focus, taste the food and relax. Make sure that you sit down at your kitchen or dining room table. This is going to be the place that is just for eating. You want to limit other places where you eat. Make sure when you sit down that you are not eating in a hurry. You want to make sure that you are slowing down. So take a deep breath, smell the food, taste the first bite and eat slowly and just make sure that you enjoy. When you feel full, and to do this you need to be paying attention, you want to stop and know that you are going to be able to eat again in a couple of hours. For more information, review the handout called "Eating for Enjoyment and Health".

In summary, you want to make sure that for focused eating that you are making eating a priority. Now this is something that people don't typically do any more because we are on the run. We don't make time to eat. It is very important that you make eating a priority so think about those family sit-down meals that you used to have when you were younger. Also make sure that when you are eating you are actually paying attention. If you are eating in front of the television, you are not really paying attention to what you are eating. How many of you have sat down with a bag of potato chips and ate more than you had planned. Now that is very easy to when you are distracted while you are eating so make sure that you are eating at the kitchen table and you are focusing and you are enjoying the flavor. When you don't get to eat as much food because you are watching calories, you want to make sure you get the enjoyment by actually focusing when you are eating and that you are paying attention.

The assignment for this week is to do your food record like you typically would do and I want you to plan on doing one focused meal a day. A lot of times the really good meal to start

with is going to be your supper meal because when eating out you may be at work, at lunch or something there are a lot of distractions around so a lot of times with focused eating it is good to practice with the supper meal. That might be something that you want to think about, but do one focused meal a day and you will notice when you are eating if you are paying attention and you stop when you feel full that you need less food than you thought. So hopefully you will notice that this week. I want to congratulate you on completing another week toward making your healthy lifestyle changes and I hope to see you next week.