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Supporting Clients Health Through Intuitive Eating



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Today's Presenters



CPT Kristina Fauser-Martin, MS, RD, CSSD, LD, CSCS

U. S. Army Officer and Registered Dietitian

Kristina is a Registered Dietitian specializing in performance with 7 years of military specific experience. In 2017 she completed training to be a Certified Intuitive Eating Counselor. She currently serves as a Performance Dietitian embedded in a maneuver unit as part of the Army's Holistic Health and Fitness (H2F) system. Her professional interests include the intersection of performance nutrition and intuitive eating.

No disclosures to report



Priscilla Rumph, MS, RD, CSSD, LD, CEDRD

Registered Dietitian

Priscilla is a Registered Dietitian with experience in both eating disorders and sports nutrition. She currently serves as a Performance Dietitian embedded in a maneuver unit as part of the Army's Holistic Health and Fitness (H2F) system. She is passionate about advocating for sensible policy and environment changes to reduce the risk for the development of eating disorders for active duty members and their family members.

No disclosures to report



Learning Objectives

1. Participants will be able to describe potential health outcomes with a weight-inclusive approach like Intuitive Eating.
2. Participants will be able to contrast Intuitive Eating with mindful eating.
3. Participants will be able to summarize the 10 principles of Intuitive Eating.
4. Participants will be able to identify additional resources on Intuitive Eating for both Providers and their Clients.

Let's get CURIOUS...

- This approach may be very different from what you learned in academia.
- IE captures nuance that is often not found in nutrition guidelines for the public.
- We encourage an open, growth mindset and recollection that nutrition is a young science...while acknowledging that, in all science fields to include nutrition, there have been missteps along the way.
- Intuitive Eating is an evidence-based approach grounded on sound science and has risen from comprehensive development of best practices from client interactions.

POLL

- How familiar are you with Intuitive Eating?
 - Never heard of it.
 - Have heard of it but haven't looked into it.
 - Have had some exposure and am curious to learn more.
 - Love it! Use it with clients often.

What is Intuitive Eating?

- Intuitive Eating is a dynamic mind-body integration of instinct, emotion, and rational thought.
- It provides a self-care framework for eating that honors authentic health by improving the complex connections within our bodies to allow us to more accurately meet our body's needs.

What Intuitive Eating is NOT

- Approval to eat whatever you want with no regard for your health or dietary balance
- Rigid
- A fad diet for weight loss
- Focused solely on following an external diet/meal plan
- Intuitive Fasting

Mindful Eating v. Intuitive Eating

Mindfulness-Based Eating	Intuitive Eating
Hunger awareness training	Honor your hunger
Taste and enjoyment of eating	Discover the satisfaction factor
Awareness of fullness	Respect your fullness
Food choices based on liking and health	Satisfaction; make peace with food; honor health with gentle nutrition
Nonjudgmental awareness of eating	Challenge the food police
Meet emotional needs in a healthy way	Cope with your feelings with kindness
Acceptance and nonjudgement of body	Respect your body
Gentle exercise	Movement – feel the difference

Interoceptive Awareness

- The ability to perceive physical sensations that arise from within your body
- Intuitive Eaters have higher interoceptive awareness (Herbert et al. 2013; Tylka 2006; Tylka and Kroon Van Diest 2013)
- Each IE principle cultivates attunement or removes an obstacle to interoceptive awareness
 - Obstacles are typically in the form of rules, beliefs, and thoughts

What does the research say?

Intuitive Eaters were shown to have:

- More diverse dietary choices and lower BMI, more enjoyment with eating (Smith & Hawks, 2006).
- Improved blood pressure, blood lipids, and dietary intake (Van Dyke & Drinkwater, 2014).
- Greater weight stability (Tylka et al, 2019).
- Better glycemic control (Soares et al, 2021).
- Greater body appreciation, positive emotional functioning, and greater motivation to exercise (Bruce & Ricciardelli, 2016).
- Lower odds of binge eating and use of unhealthy and extreme weight control behaviors (Hazzard et al, 2020).

Military populations

- Service Members with normal BMI had higher IE scores (Cole et al, 2016).

Limitations of IE

- May not be appropriate for individuals who are experiencing food insecurity
- May not be appropriate for clients experiencing active Anorexia Nervosa symptoms
- Can be difficult if experiencing symptoms associated with unresolved trauma

IE for Military Performance and Readiness

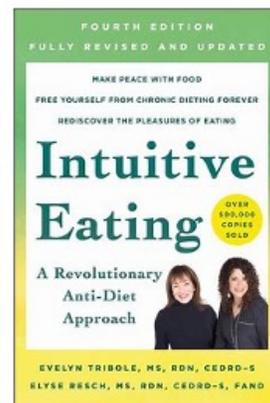
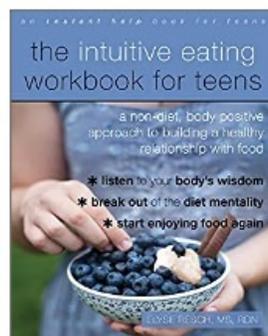
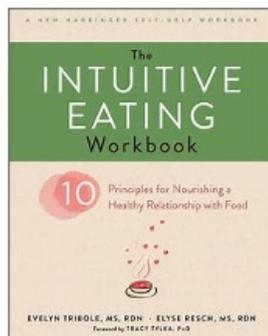
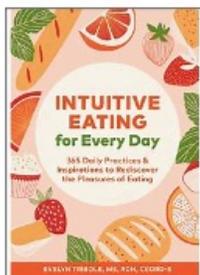
- IE is a way to ensure that our service members are fueled and fed and able to safely complete their missions
- Can improve health as IE promotes dietary balance
- Body composition standards in the military put individuals at a greater risk of disordered eating/eating disorder and negative body image concerns
- IE can help to meet performance goals while also improving relationship with food and body

Question Break!

Getting Started

- Books and workbooks
- Validated Intuitive Eating Assessment – 2*

*Adapted from Tracy Tylka's research



Principle 1: Reject the diet mentality

- The “diet industry,” is a 78 billion dollar* per year industry
- Revised marketing strategies have morphed dieting into a “lifestyle”
 - Counting points, carbs or macros
 - Eating only “safe, healthy” foods
 - Eating only at certain times of day
 - Paying penance for eating “bad” foods
 - Becoming vegetarian/vegan for purpose of losing weight
- The dieting cycle
- Intuitive Eating is a paradigm shift



Personal Image courtesy of Priscilla Rumph



2019 valuation by Research and Markets Report by Marketdata LLC, published March 2021

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This principle removes an obstacle to interoceptive awareness.

Tips to reject the diet mentality:

1. Recognize and acknowledge the damage that dieting causes
2. Be aware of the diet-mentality traits and thinking
3. Get rid of the dieter’s tools
4. Be compassionate toward yourself

Principle 2: Honor your hunger

- Helps with attunement in that this principle brings the focus back to listening to our bodies and honoring the hunger signal
- “Hunger Silence” can occur due to many reasons but can be healed with practicing Intuitive Eating tools for relearning how to listen to and nourish your body
- Denying hunger leads the human body to believe that it is in a survival situation
- “Primal Hunger” can be heightened by a history of food insecurity which can create a preoccupation with food that is sometimes mistaken for “addiction”

This principle helps cultivate attunement.

- Minnesota Starvation Study (from 1940s) shows negative impact of insufficient intake
- Neuropeptide Y, a chemical produced by the brain, increases with food deprivation (to include diets) and increases carbohydrate cravings

Beneficial to practice “checking in” with hunger while estimating if hunger level is:

- Pleasant
- Neutral
- Unpleasant

Principle 3: Make peace with food

- Deprivation versus Guilt



- “Restrained eating” often results from chronic dieting and consists of many “rules” about what they can eat instead of listening to their bodies
 - Overeating can often occur when they perceive that they broke a rule
 - Studies on restrained eating shows that outlawing foods sets us up for overeating
- Habituation and unconditional permission to eat disrupt the “seesaw syndrome”

This principle removes an obstacle to interoceptive awareness.

- Believing that we “shouldn’t” eat specific foods can lead to feelings of deprivation followed by uncontrollable cravings/bingeing
- Psychological deprivation can lead to the forbidden food being overvalued, creating an artificial level of specialness
- The perception that dietary restriction is upcoming (as when a person is about to start a diet) can trigger “Last Supper Eating”

Five steps to make peace with food:

1. Pay attention to the foods that are appealing to you, and make a list of them
2. Put a check by the foods you actually do eat, then circle remaining foods that you’ve been restricting
3. Give yourself permission to eat one forbidden food from your list, then go to the market and buy this food, or order it in a restaurant
4. Check in with yourself to see if the food tastes as good as you imagined. If you like it, continue to give yourself permission to eat it
5. Make sure that you keep enough of the food in your kitchen so that it is there when you want it. Or, go to a restaurant and order the particular food as often as you like

Principle 4: Challenge the food police

- This principle helps to remove the obstacle of guilt/shame associated with eating
- We may develop “rules” that we believe the “Food Police” will judge us by (such as not eating after 6 pm, etc.)
- Our cultural overvaluation of thinness is often considered the root cause of why we feel guilt for eating foods that are not associated with slimness
- The Food Police voice can present seeming like the “voice” of a variety of individuals in our lives
- Food Policing thoughts keep our body at war with our food



Personal image courtesy of Priscilla Rumph

This principle removes an obstacle to interoceptive awareness.

- Food is often described in moralistic terms that present dieting as a “false religion”
- Negative self-talk can create despair; challenging “nonsense” in our thoughts will help us feel better
- The voice of the Food Police can be even more pervasive in our life if we grew up in a home with invasive food/body commenting
- Food thoughts and judgements sink into our minds as we are surrounded by “diet culture”; “lifestyle diet”, wellness diet”, “cleanse”

Principle 5: Discover the satisfaction factor



Personal image courtesy of Priscilla Rumph

- Satisfaction is the hub of all the IE principles
 - We have the right to enjoy food
- Fullness doesn't always correlate with satisfaction
- Eating while multitasking/distracted results in us missing out on the eating experience
- Satisfaction will often be low if we are caught up in the cycle of deprivation followed by survival eating

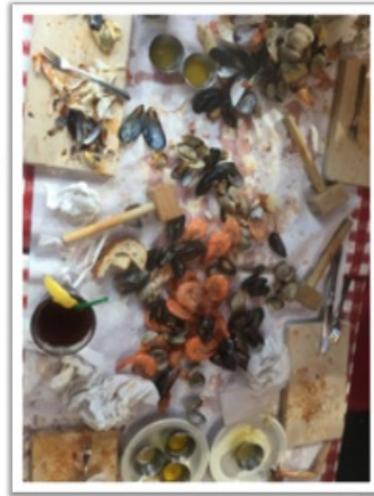
This principle helps cultivate attunement.

Steps to regain satisfaction with eating:

- Ask yourself what you really want to eat
- Discover the pleasure of the palate
- Make your eating experience more enjoyable
- Don't settle
- Check in: Does it still taste good?

Principle 6: Feel your fullness

- Practicing feeling our fullness helps with regaining attunement
- Dieting can create the perception that it is only “legal” to eat at mealtimes thereby setting us up to be overly hungry by the time it is “mealtime”
- Sometimes well-meaning parenting strategies can train us to eat everything on our plates
- Honoring fullness is likely not possible if an individual has not given themselves unconditional permission to eat when hungry



Personal image courtesy of Priscilla Rumph

This principle helps cultivate attunement.

- Trying not to waste food often backfires because we are less able to predict how much food we actually need.
- Leaving food behind on the plate can be difficult for anyone...especially someone who has chronically engaged in dieting.
- Having a habit of eating until the food is gone can often result in us eating entire bags of chips, cookies, etc.
- “Conscious-Awareness” practice encourages us to take a “time out” in the middle of a meal or snack to reflect on our body and taste buds.

Beneficial to practice “checking in” with fullness while estimating if fullness level is:

- Pleasant
- Neutral
- Unpleasant

Principle 7: Cope with your emotions using kindness

- Eating should be emotional
 - Celebrations, family, holidays, birthdays
- Food is one of many tools we may use to try to appease the pain
 - Food generally won't solve the problem
- Let go of the guilt associated with using food as a tool to manage emotions
 - Often "emotional eating" has developed as a result of psychological and biological restriction of food
- Feelings of guilt associated with eating can make it difficult to have the self-compassion that is needed to be curious about what emotions are impacting eating behaviors

This principle removes an obstacle to interoceptive awareness.

Questions to ask when trying to improve coping with emotional eating:

- Am I biologically hungry?
- What am I feeling?
- What do I need?
- Would you please...?

Meeting our needs with kindness:

- Getting rest
- Expressing feelings
- Being heard, understood, accepted
- Being intellectually and creatively stimulated
- Receiving comfort and warmth
- Feeling nurtured by:
 - Taking a relaxing walk
 - Listening to soothing music
 - Taking time to breathe deeply
 - Engaging in self-care: massage, yoga, gardening, games

Principle 8: Respect your body

- Respecting our individual bodies removes an obstacle and empowers us to nourish and move our bodies for improved health
- Consider that we do not expect to go to the shoe store and purchase a shoe size smaller than the actual size of our foot...being unrealistic about our body size or shape can fuel worry about our body and impact our eating
- Our American culture creates unrealistic expectations for our bodies

This principle removes an obstacle to interoceptive awareness.

Physical activity is very important for emotional and physical health, but activity cannot overcome genetic predisposition for shape/size
Learning to eat intuitively relies on us being able to accept our bodies

Steps to improve body respect:

- Get comfortable clothing and undergarments
- Get rid of body-assessment tools
- Quit the body-check game (comparing self to others)
- Doing what's best for you for "big events"
- Stop body bashing
- Respect body diversity

Principle 9: Movement – Feel the difference

- Physical activity is important
 - More beneficial and sustainable when it is enjoyable



Personal image courtesy of Priscilla Rumph



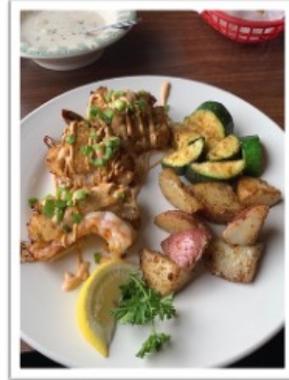
- Engaging in enjoyable activity help to prevent “burn out”
- Being underfed while trying to simultaneously engage in exercise is torturous but engaging in physical activity when nourished can be invigorating
- Service members are at risk for low energy availability, a key component of Relative Energy Deficiency in Sport (RED-s)

This principle helps cultivate attunement.

- Focus on how physical activity “feels” instead of how many calories were burned; practice interoceptive awareness
- Focus on movement as a way to take care of yourself
- Make movement fun
- Make movement a priority
- Be comfortable
- Include strength training and stretching
- Remember to rest

Principle 10: Honor your health with gentle nutrition

- “Eating Healthy” is having a balance of foods AND a healthy relationship with food
 - Negative, restrictive approaches to eating do not work
 - People benefit most from guidance that builds a balanced yet flexible diet that they can live with...and that is free of guilt
- Non-food factors that are important to health:
 - Social connection
 - Adverse Childhood Experiences (ACEs)
 - Social Determinants of health
- Remember that only **the client** is the expert in how **they** feel, emotionally and physically...and only **the client** can be the expert of **their** body



Personal image courtesy of Priscilla Rumph

“Food worry” triggered by the latest food headlines is confusing and can contribute to “food phobia”

- Average consumers lack awareness of how to decipher statistical manipulation and the difference of “cause” and “association”

French Paradox: focus is on sensory qualities and creating satisfying food experiences

Roseto Effect: positive impact of social support

Some points to consider:

- Portion control is not an issue for intuitive eaters
- Eat enough, not too little
- Include enough fruits and vegetables
- Eat enough grains...preferably half of which being whole grains
- Eat enough fish
- Drink enough water
- Include “fun food” and practice listening to how foods make you feel
- Keep the pleasure in healthy eating

Case Study A

68 y.o. retired Command Sergeant Major with newly diagnosed diabetes mellitus (DM), concerns about experiencing complications associated with DM

- Original HbA1c: 7.2
- 6 months later: 5.6

Signs/symptoms: CSM was limiting intake during the day in attempt to decrease blood glucose. He reported experiencing overhunger in the evening which was then followed by a large fast-food meal with large soda. Due to a history of food insecurity as a child, he expressed “guilt” with throwing away food and would eat until the food was gone despite painful fullness.

IE principles to strengthen: Reject the diet mentality, Honor your hunger, Feel your fullness, Make peace with food, Discover the satisfaction factor

Outcome: Was able to lower HbA1c by planning balanced meals, to include balancing meals while eating out, building pattern of meals/snacks throughout the day and practicing attunement with hunger/fullness scale

Case Study B

25 y.o. Active Duty female with newly diagnosed PCOS, concerns about her performance and weight.

- DEC 2020 - 64 in, 179 lbs
- MAR 2021 - 169 lbs, 31% body fat in compliance with Army standard

Signs/symptoms: History of disordered eating, weight cutting, extreme dieting, food preoccupation, fatigue, carbohydrate avoidance, calorie counting (1600 kcal/d), working out 3x/d recent ankle surgery (JUL 2020), poor body image, all labs WNL

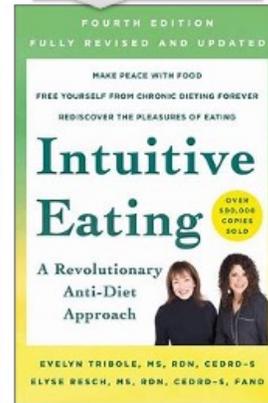
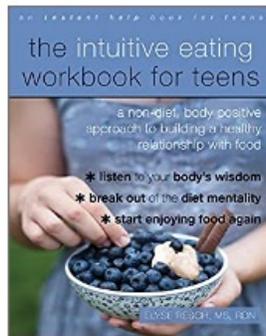
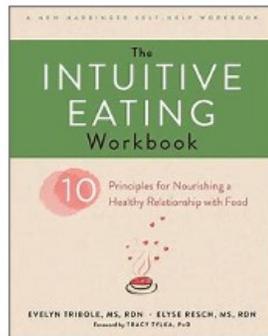
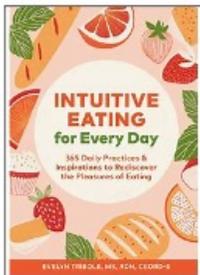
IE principles to strengthen: Reject the diet mentality, Make peace with food, Challenge the food police, Discover the satisfaction factor, Movement – feel the difference

Outcome: No longer tracking calories, eating carbs with each meal, working out 1 x/d, decreased food anxiety, faster run times, increased food enjoyment, greater food diversity, improved body image

Resources

- Books and workbooks
- www.Intuitiveeating.org

Recommend the
4th Edition!



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Question Break!

Question Break!

Upcoming Event

Enhancing Health and Wellness with Probiotics



Wednesday, May 19, 2021

11:00 a.m. – 12:00 p.m. EDT

Event Page:

MilitaryFamiliesLearningNetwork.org/event/91278

This webinar will explore the role of probiotics in health and disease and highlight tips for choosing probiotic supplements.

Continuing education credit will be available for this webinar!



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This webinar has been approved for the following continuing education (CE) credits:

- 1.0 CPEU from the Commission of Dietetic Registration for RDNS and NDTRs

Evaluation Link

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Questions?

Email Kristen DiFilippo at kdifilip@illinois.edu

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