

# INTUITIVE EATING TECHNIQUES & FUNCTIONAL FUELING

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# TABLE OF CONTENTS

Diet efficacy

Why should we Intuitively Eat?

How to awaken your Intuitive Eating ability

10 Principals of Intuitive Eating broken down

Functional Fueling

Managing expectations

How to measure successes healthfully

Wellness Journey

# DIETS SERIOUSLY DON'T WORK

90 to 95 % failure rate

Yo-Yo Diet cycle

Deprivation-rebellion-rebound weight gain

Cravings and food obsessions

Slow your metabolism

Short term solution: 41% gain back more at one year than they lost



# WHY SHOULD I TRY INTUITIVE EATING?

Self-empowerment

Trusting your body and it's signals

Lifelong-not a roller coaster ride

Get in touch with your body, thoughts and feelings

Freedom from dieting

# AWAKENING YOUR IE ABILITY

Obvious in toddlers and pre-schoolers

We all possess it but it's been suppressed

Combats the influence of external forces that control our eating: time of day, social engagements, food commercials, food plans or diets, food rules

Combats the roller coaster that "outside plans" throw you on which inevitably erodes your trust in your body's internal cues and signals

# PRINCIPLES OF INTUITIVE EATING

Goal: Gain a healthy relationship with food and your body

## #1 Reject the Diet Mentality

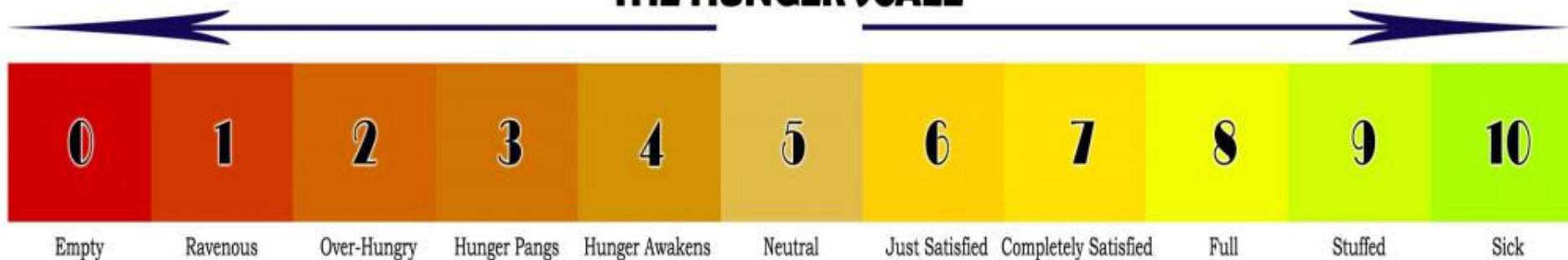
- Give up dieting for good
- Don't allow others to tell you what, when or how to eat

# PRINCIPLES OF IE

## #2 Honor Your Hunger

- Begin to listen for any noise or feeling of hunger-growling, headache, lack of focus or energy, grouchiness
- May need to feed body regularly to obtain hunger signals
- Be prepared with food as soon as you recognize biological hunger

### THE HUNGER SCALE



# PRINCIPLES OF IE

## #3 Make Peace with Food

- Give yourself unconditional permission to eat whatever you really like-no guilt and no deprivation!
- Observe how your body feels when eating this food and make mental notes
- Keep ample supply of all foods you might like to eat



# 5 STEPS TO MAKING PEACE WITH FOOD

1. Pay attention to foods that appeal to you and make a list
2. Put a check by food you actually do eat and circle foods you have restricted
3. Give yourself permission to eat one forbidden food-buy or order it
4. Check in as you eat it to see if food tastes as good as you imagined-if yes, continue to buy and eat
5. Keep enough so it is available if you want it or order as often as you like

# PRINCIPLES OF IE

## #4 Challenge the Food Police

- Identify your distorted food, dieting and eating thoughts and myths-throw them out!
- Listen for destructive voices, negative self talk: food police, nutrition informant, diet rebel
- Develop helpful voices, positive self-talk
- No “good” or “bad” foods, no rules!

# PRINCIPLES OF IE

## #5 Feel Your Fullness

- Listen for body signals you are no longer hungry but are comfortably full
- Pause often in middle of meal/snack to see how food tastes and check current fullness level
- Discard idea you must finish everything
- Make sure you have plenty of food available

# PRINCIPLES OF INTUITIVE EATING

## # 6 Discover the satisfaction factor

- Seek pleasure in your eating-the more satisfied you feel, the less you will want to eat
- Figure out what you really want to eat-consider sensations that go with eating
- Make your eating environment is enjoyable
- “If you don’t love it, don’t eat it! If you love it, savor it”
- Frequent “check ins” for pleasure-continued exposure to same food results in a decrease of desire for that food

# SENSATIONS

Taste: sweet, savory, salty, sour, bitter

Texture: hard, crunchy, smooth, creamy, chewy

Aroma: sweet, spicy, acrid,

Appearance: color, shape, eye appeal

Temperature: hot, cold, icy, warm

Volume/Filling Capacity: airy, light, dense

# PRINCIPLES OF IE

## # 7 Cope with Your Emotions Without Using Food

- Ask yourself, “Am I biologically hungry?”

If yes, honor your hunger and eat!

- If no, ask “What am I feeling?” and “What do I need?” Food will not satisfy needs other than hunger! Don’t use food to cope!
- Meet your needs without food or provide a distraction

# PRINCIPLES OF IE

## # 8 Respect your body

- Accept your body type and genetics
- Respect body diversity-including yours!
- Wear comfortable clothes that fit you well-not too large or too tight
- Stop weighing yourself excessively

# PRINCIPLES OF IE

## # 9 Exercise-Feel the difference!

- Focus on how exercise makes you feel and that it means you are taking care of yourself
- Break through exercise barriers
- Disassociate exercise from weight loss
- Get active in daily living
- Make exercise fun!
- Remember the importance of rest



# PRINCIPLES OF IE

# 10 Honor your health-gentle nutrition

■ No forbidden foods-deprivation does not work!

■ Moderation, balance (80% for health, 20% for pleasure)

# FUNCTIONAL FUELING: PLANNING

- 1) Pick your carb:
  - whole grain pasta, brown rice, sweet potato, quinoa, couscous, peas, carrots, tortillas, pita bread
- 2) Prep, microwave or sauté your veggies:
  - Bag of Salad, frozen veggie, chop and sauté: green beans, eggplant, mushrooms, onions....
- 3) Portion your protein:
  - Chicken/turkey breast, salmon, ground turkey, fish, lentils, beans, cheese, peanut butter, tofu, lentils
- 4) Beverages:
  - Water (add some infusion!)
  - Unsweetened almond milk (think outside the cow)



# FUNCTIONAL FUELING: MIX AND MATCH IDEAS < 5 MINUTES

Protein	Starch	Vegetables
Precooked chicken strips	Whole grain pita	Green salad + leftover vegetables
Frozen Blackeyed Peas	Frozen brown rice	Frozen veggie blend
Low sodium canned lentil soup or chili	Low fat cheese, whole grain English muffin	Fruit
Low fat cottage cheese	Leftover whole grain pasta	Leftover favorite vegetables
Steamed Lentils	Leftover brown rice	Organic Diced Tomatoes + favorite vegetables
Canned tuna, baked tofu or canned beans	Whole grain bread or pita	Lettuce, tomatoes, carrots

# FUNCTIONAL FUELING: MIX AND MATCH IDEAS

Protein	Starch	Vegetables	Time
Veggie or black bean burger diced	Frozen brown rice	Carrots	< 10 min
White fish	Whole grain pita	Broccoli Slaw, olive oil mayo, lime juice, garlic	< 10 min
Baked Tofu	Potatoes, Peas or Corn	Dark green salad	< 10 min
Fully cooked turkey meatballs	Whole grain penne	Organic Diced Tomatoes + seasoning	15 min
Lentils	Organic Quinoa	Favorite vegetables	15 min
Ground turkey + onion + chili seasoning	Whole grain tortilla	Tomatoes, lettuce Leftover vegetables	< 10 min
Chicken cut into strips + onions + peppers	Pinto beans	Favorite vegetables	< 10 min

# FISH FRENZY

## Grain/carb:

- Steam brown rice, quinoa, or whole grain couscous

## Veggies:

- Sauté veggies to add into the brown rice.

## Protein:

- Grill/sauté fresh or frozen tilapia or salmon

## To garnish

- Add some fresh mango salsa to the finished product!

Want to pack the protein and healthy fat? Slice some avocado on your side salad.



# FAJITAS

## Grain:

- Whole grain tortillas

## Veggies:

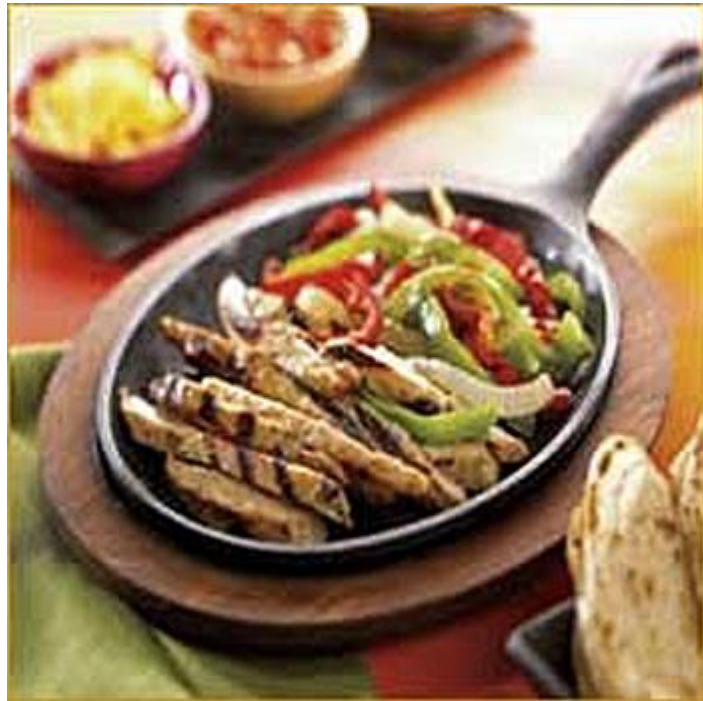
- Sauté fajita veggies
  - Green/red peppers, onions, zucchini

## Protein:

- Reheat chicken from prep day or cook chicken, shrimp, fish, turkey, tofu, lentils

Serve with quinoa, guacamole, and/or salsa!

Don't forget another serving of veggies somewhere! ;)



# PASTA, BROCCOLI, CHICKEN OR TOFU

Grain/carb:

- Boil Water, throw in whole grain pasta

Veggie:

- Microwave Broccoli

Protein

- Reheat cooked chicken from prep day
- Or cook chicken and chop

Combine and add pasta sauce

Serve with veggie side or salad

Note:

- More veggies and less pasta
- Picture shows turkey meatballs



# PITA PIZZA

## Grain/carb:

- Whole Grain Pitas

## Veggie:

- Add Veggie toppings
- Pizza Sauce

## Protein:

- Chicken, Turkey Tofu
- Reduced Fat Mozzarella

Serve with veggie side or salad





# FUNCTIONAL FUELING: PRODUCE AND PANTRY

## Produce

- Choose your favorites, and once/month choose something different
- Fresh -usually only good for one week
- Frozen is a great option!
- If you don't like to cut, choose precut varieties (something you will eat!)

## Pantry

- Whole grain and lentil pastas
- Brown or long grain or wild rice
- Quinoa
- Diced tomatoes – no salt added
- Low-sodium soup
- Canned beans
- Marinara sauce
- Ground flaxseed or oat bran

# FUNCTIONAL FUELING: REFRIGERATOR AND FREEZER

## Refrigerator

- Lentils
- Broccoli slaw
- Grilled chicken strips (watch sodium)
- Organic baked tofu (super firm; Wildwoods brand)
- Low-fat dairy products (milk, yogurt, cottage cheese)
- Salad mixes

## Freezer

- Brown rice
- Stir fry vegetables
- Whole grain bread or wraps, whole grain pita bread
- Fully cooked turkey meatballs
- Lean protein (fish, chicken, turkey)
- Frozen entrees (Kashi, Trader Joe's, Roger's Market varieties, Boca, Amy's, etc.)
  - Add a salad or steamed vegetable

# IF YOU NEED NUMBERS...

Nutrient	Per serving	Daily
Saturated fat (less is better)	<2 – 3 gm	<7 – 9 gm
Trans fat (zero is best)	0 gm	0 gm
Sodium	<500 mg	<2000 mg (1500 with hypertension)
Fiber	3 gm or more	25 – 35 gm or more
Sugar	<8 gm and <5 gm for kids	<50 <i>added</i> sugar gm
Calories	Depends on height, weight, body composition, gender, activity level, age	
Protein	20% of calories or 1 gm/kg of body weight	
Carbohydrates	50% of calories (choose mostly “whole” grains)	
Fat	30% of calories (choose mostly plant fat except palm or coconut)	

# HOW DO YOU MEASURE SUCCESS HEALTHFULLY?

Avoid scale and look for other benefits:

- better mood, less swings
- having more energy
- less stress/tension at work and home

Change is a matter of progress, not perfection.

*Change is always easier when you are self-accepting and feel good  
about yourself*



# MANAGING EXPECTATIONS

Occasional overeating is part of normal eating

Returning to listening to your body

Letting your body tell you how much you need to eat

Vacation, illness, travel are temporary



# WELLNESS JOURNEY

Life is more peaceful when you instill more compassion and flexibility with our ever changing shapes

There are no “mistakes” in this process. It’s all perfection and designed to bring you to a new place

When you don’t honor your truth (i.e. depressed, complacent etc.) your body will reflect that

As long as we’re striving to see clearly and be in the “muck” we will weather any storm

# QUESTIONS?

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# RESOURCES

Sally Barclay, MS RD LD

Nutrition Clinic for Employee Wellness

The Book: ***Intuitive Eating: A Revolutionary Program that Works*** (2003) by Evelyn Tribole and Elyse Resch, publisher: St. Martin's Griffin, New York, NY, 2003. Available at Amazon:

<http://www.amazon.com/gp/product/0312321236/102-2995993-9211355?v=glance&n=283155>

The Website: <http://www.intuitiveeating.com/>