Eat Well, Live Well: Nurturing Through Nutrition to Support Your Mind and Body

Presented by: Kelly Jo Zellmann, RDN, LD, CLT
Evergreen Fall Retreat 2016
Objectives

• Describe the concepts of mindful eating and understand its health benefits
• Explore and practice simple ways to become a more mindful eater
• Discuss how nutrients help boost your brain function and which foods are associated with them
• Identify the negative impact of three nutrient deficiencies
• Demonstrate ways to incorporate MIND friendly foods that can help decrease risk of cognitive decline
Begin with a short Meditation

• Being present helps us slow down and re-focus
• Other benefits include:
  – Reduced anxiety and depression
  – Lower/stabilized blood pressure
  – Increased energy levels
  – Muscle relaxation
  – Decreased feelings of stress and overwhelm
letting go......letting go.....letting go.....
Now Let’s Get Started...

• First Question: How would you describe your relationship with food in one or two words?

• Second Question: What word(s) comes to mind when you think about “Mindful Eating?”

• http://www.wordle.net/create
Eating Mindfully in a Mindless World

• Culture of multi-tasking
  – Eating while ___________ (fill in the blank)
  – Distracted eating
Mindful Eating Definition

Eating with AWARENESS

• Being present for each sensation of the experience of eating

• Nonjudgmental awareness of physical and emotional sensations associated with eating

Source: Eat, Drink, and Be Mindful by Susan Albers
What is Mindful Eating?
Eating Cycle

- **Why?** Why do I eat?
- **Where?** Where does my energy go?
- **When?** When do I want to eat?
- **What?** What will I eat?
- **How Much?** How much do I eat?
- **How?** How do I eat?
Why Mindful Eating?

• Positive impact on psychological and physical health
  – Emotional eating
  – Binge eating
  – Food cravings
  – Nutrient intake
  – Blood sugar regulation

• Better sense of balance and well being

• The mind-body connection plays a key role in our ability to accurately assess hunger and fullness.

• Mindful eating is powerful – it keeps you in the present and can help you facilitate change
What about Food or Eating Addiction?

• A controversial concept
• Paradigm shift to “Mindfulness”
Normal eating is going to the table hungry and eating until you are satisfied. ... Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good. Normal eating is mostly three meals a day, or four or five, or it can be choosing to munch along the way.

Hara Hachi Bu

- Japanese (Okinawan) cultural habit
- Eat to 80% full
Paris vs. Chicago
Benefits of Slowing Down

- Recognize internal cues of fullness
- More time to savor each bite
- Focus on the flavor
  - First Bite “Wow” Factor
Mindful Eating Exercise

- Holding
- Seeing
- Touching
- Smelling
- Placing
- Tasting
- Swallowing
- Following
Steps to Mindful Eating

• Mindful eaters don’t eat until they are “full”
• Pace don’t Race
• Mindful eaters are “Choosy”
• Mindful eaters are forgiving and flexible
• Mindful eaters tend to gauge their hunger first before taking a bite
• Mindful eaters break out of old habits
Make Mindful Eating Happen

- Eat when you feel hungry, avoid getting over-hungry
- Pay attention to your body and listen for signals of hunger
- Create an appealing environment
- Avoid distractions
- Have meals at the table with your family (or just yourself)
Make Mindful Eating Happen

• Take some time to enjoy the aroma and colors of the food.
• Take small bites of your food and appreciate the texture and flavor.
• Chew your food slowly.
• Put your fork or spoon down between bites.
Mindful Eating Tips & Tools

Source: Choosemyplate.gov

Used with permission by Dr. Susan Albers, Eatingmindfully.com
Checklist

Awareness Checklist

- Am I sitting?
- Eating fast or slow?
- Mindlessly munching or noticing each bite?
- Asking "How hungry am I?" on a scale from one to ten.
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stressed, tired anxious etc.?

www.eatingmindfully.com
Susan Albers @2012

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Keep Calm and Journal On

Used with permission by Dr. Susan Albers, Eatingmindfully.com
### Hunger Fullness Scale

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Very uncomfortable, maybe even painful.</td>
</tr>
<tr>
<td>9</td>
<td>Moving into uncomfortable.</td>
</tr>
<tr>
<td>8</td>
<td>Not uncomfortable, but definitely eating a belly full.</td>
</tr>
<tr>
<td>7</td>
<td>Comfortably satisfied. Hunger is definitely gone. Stop here and you may not feel hungry again for 2 to 3 hours.</td>
</tr>
<tr>
<td>6</td>
<td>No longer hungry. You sense food in your belly but you could definitely eat more.</td>
</tr>
<tr>
<td>4</td>
<td>A little hungry. You can wait to eat, but you know you will be getting hungrier soon.</td>
</tr>
<tr>
<td>3</td>
<td>You are hungry and the urge to eat is strong.</td>
</tr>
<tr>
<td>2</td>
<td>All food looks good. You may be preoccupied with your hunger.</td>
</tr>
<tr>
<td>1</td>
<td>You are so hungry you want to eat anything you can.</td>
</tr>
</tbody>
</table>

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Mindful Eating Apps!

Used with permission by Dr. Susan Albers, Eatingmindfully.com

Source: AmIHungry.com
Mindful Eating - Timeless Advice
’eating mindfully is good for your mental and physical health’

“Better to eat a dry crust of bread with peace of mind than have a banquet in a house full of trouble”
-Proverbs

“The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit.”
-St Francis de Sales

“The more you eat, the less flavor; the less you eat, the more flavor”
-Chinese Proverb

“One cannot think well, love well, sleep well, if one has not dined well”
-Virginia Woolf

“When walking, walk. When eating, eat.”
- Rashaki Zen Proverb

“One should eat to live, not live to eat”
- Benjamin Franklin

“Let food be thy medicine, thy medicine shall be thy food.”
- Hippocrates

“Tell me what you eat, and I will tell you who you are.”
- Brillat-Savarin

“Part of the secret of success in life is to eat what you like and let the food fight it out inside.”
- Mark Twain

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”
- Thomas A Edison
EnJOY one Bite at a Time
“LET FOOD BE THY MEDICINE
AND MEDICINE BE THY FOOD”

-HIPPOCRATES
Food & Mood ~ Boost Your Brain Power!

- Energy
- Fatigue
- Break the Fast
- Sugar
- Caffeine
- Alcohol
The Gut-Brain Connection

• Our Guts are the Brains of our body!
• 100 trillion bacteria (10x as many as our own cells)
• Dietary Sources of Probiotics: Yogurt, Kefir, Kombucha, Kimchi, Kraut and other fermented foods
• Probiotic Supplements: 3-4 different strains, doses of 10-20 billion CFU (colony forming units)
Omega Three’s & Mood

- Omega 3’s help build cell membranes
- Reduce inflammation—which has been linked to autism, ADHD, Alzheimer’s and depression.
- Balance blood sugar—which is essential for a healthy brain.
- Increase the activity of a key molecule in your brain, (BDNF-brain derived neurotropic factor) which stimulates new cell growth and increased cell connections.
Omege Three’s ~ DHA & EPA

- DHA – development of the brain and retina of the eye
- EPA – decreases inflammation in MS, CVD, and arthritis
  - Salmon, tuna, sardines, anchovies, mackerel
- Plant Sources – walnuts, flax, chia seeds, canola oil
Some experts recommend 250 mg – 1000 mg of EPA + DHA daily from diet or supplements.

American Heart Association 1000 mg (DHA + EPA)

If taking for depression, look for higher DHA

If taking > 1000 mg EPA + DHA – take in more than one dose

No extra benefit from omega 6 or omega 9 fatty acids
Vitamin D ~ The Sunshine Vitamin

Vitamin D Synthesis above the 37th Parallel ONLY in SUMMER

https://www.health.harvard.edu/newsweek/images/latitude-vitamin-D.jpg
Vitamin D

- RDA: 600 IUs (Males/Females 19-70) = TOO LOW!
- Current Recommendations: 2,000-5,000 IUs/day
- Food Sources: **Fortified milk (1 cup = 100 IU)**, some orange juice and yogurts are also being fortified with Vitamin D, cod liver oil, herring, salmon, sardines, shrimp and egg yolk.

- Get your level tested to ensure appropriate dosing (25-Hydroxy Vitamin D)
Magnesium ~ The Calming Mineral

• Important for over 300 enzymatic reactions that take place in the body.
• More than 60% of North Americans are magnesium deficient.
• Decreased by excess alcohol, salt, coffee, sugar, soda and antibiotics.
• Low levels associated with mood disorders, depression and suicide.
• Food Sources: spinach, legumes, nuts, seeds, and whole grains
Vitamin B12 (Cobalamin)

• Maintains healthy nerve cells
• Helps in the production of DNA and RNA
• Works with folate to make RBCs and produce S-adenosylmethionine (SAMe), a compound involved in immune function and mood.
• Requires Intrinsic Factor for absorption (decreases over age 50)
• Metformin and antacids decrease stomach acid – may lead to low levels
• RDA: 2.4 mcg
• Food Sources: animal products, including fish, meat, poultry, eggs, milk, and milk products, fortified cereals, nutritional yeast products
Water ~ The Forgotten Nutrient

- All systems in the body rely on water
- Carries nutrients and oxygen to cells
- Aids in digestion
- Helps prevent constipation
- Helps maintain hydration
The MIND Diet = a Healthy YOU

• Go for the greens
• At least one additional vegetable daily
• Drizzle on the olive oil
• Prep a pot of pulses (beans, lentils, peas)
• Cook up the whole grains
The MIND Diet = a Healthy YOU

- Bring on the berries
- Roast, poach or grill poultry
- Don’t forget the fish
- Go nuts for nuts
  - Portion snack packs to go
- Wine – 1 glass per day
Reduce and/or Limit

- **Red meat:** Eat fewer than four servings a week.
- **Butter and margarine:** Less than a tablespoon daily.
- **Cheese:** Less than one serving a week.
- **Pastries and sweets:** Less than five servings a week.
- **Fried or fast food:** Less than one serving a week.
Eat a Rainbow of Colors
Questions?
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Websites and Resources

- http://eatingmindfully.com/
- http://amihungry.com/
- www.tcme.org
- www.ellynsatterinstitute.org/
- www.mindfuleating.org
- www.savorthebook.com
- www.mindfuleats.com
- www.mindfuleating.net
- www.IntuitiveEating.org

