If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit www.shpnc.org to learn more.

Let’s LUNCH AND LEARN!
Emotional Eating:
Finding kind ways to comfort, nurture, distract, and resolve your issues without food.

Presented by Katie Godin, RD, LDN
Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.

- **Services offered:**
  - Weight Management
  - Women’s Health
  - Sports Nutrition
  - Chronic Disease Counseling
  - Bariatric Support
  - Smoking Cessation
  - Sleep Assessment and Stress Management
What is Emotional Eating?

• Eating in response to positive OR negative emotions. Is it always a BAD thing???
• Common examples: Eating because...
  • Stressful day at work
  • Birthday party
  • Celebrating a promotion
  • Death of a loved one
Different Types of Hunger

- PHYSICAL HUNGER
- EMOTIONAL HUNGER
- TASTE HUNGER
- PRACTICAL HUNGER
Different Types of Hunger cont..

**Physical Hunger** is recognized by physical hunger cues and satisfied after eating food.

**Emotional Hunger** is eating for emotional reasons and using food as a coping mechanism.

**Taste Hunger** is craving a certain food or flavor which is fulfilled by satisfying the craving.

**Practical Hunger** is eating at a convenient time to prepare for later hunger.
Hunger Scale: Honoring Hunger + Respecting Fullness

The Hunger Scale

1. Starving and feeling weak/dizzy
2. Very hungry, irritable, low energy, large amounts of stomach growling
3. Pretty hungry, stomach is beginning to growl
4. Beginning to feel hungry
5. Satisfied, neither hungry nor full
6. Slightly full or pleasantly full
7. Slightly uncomfortable
8. Feeling stuffed
9. Very uncomfortable, stomach aches
10. So full you feel sick
Making more Intentional Food Choices..

- Tackling stress head on
- Making peace with food
- Working through “All or None” thinking
- Avoid skipping meals / undereating
- Having a plan when it comes to meals and snacks
- Getting a good night's sleep
- Aim to eat without distractions
Non-Food Coping Mechanisms

- Work with a Psychologist and a Registered Dietitian
- Deep breathing exercises
- Journaling
- Exercise
- Self Care activities (Massage, Bath, Yoga class)
- Talking to a friend
- Read a book
Putting it all to practice: what are some of your barriers to change?

• Busy Schedule
• Budget
• Fatigue
• Sedentary job
• Lack of motivation
• Putting others first
• Lack of support from others
Self Care: More focus on YOU!

- Intentionally move your body every day
- Balanced meals and hydration
- Better sleep hygiene – avoiding blue lights / screens before bed
- Schedule time for relaxation
- Practice gratitude for yourself and others
- Focus on positivity
- Work on maintaining and building connection with others
Something to think about...
What is Intuitive Eating?

Intuitive Eating is a self-care eating framework, which integrates instinct, emotion, and rational thought. Created by two RD’s in 1995 (Evelyn Tribole and Elyse Rech).

There are 10 principles involved:

1. Reject the Diet Mentality
2. Honor your Hunger
3. Make peace with food
4. Challenge the food police
5. Respect your fullness
6. Discover the Satisfaction Factor
7. Honor your feelings without using food
8. Respect your body
9. Exercise - Feel the difference
10. Honor your Health with Gentle Nutrition
Let’s Cook! Black Bean Brownies