

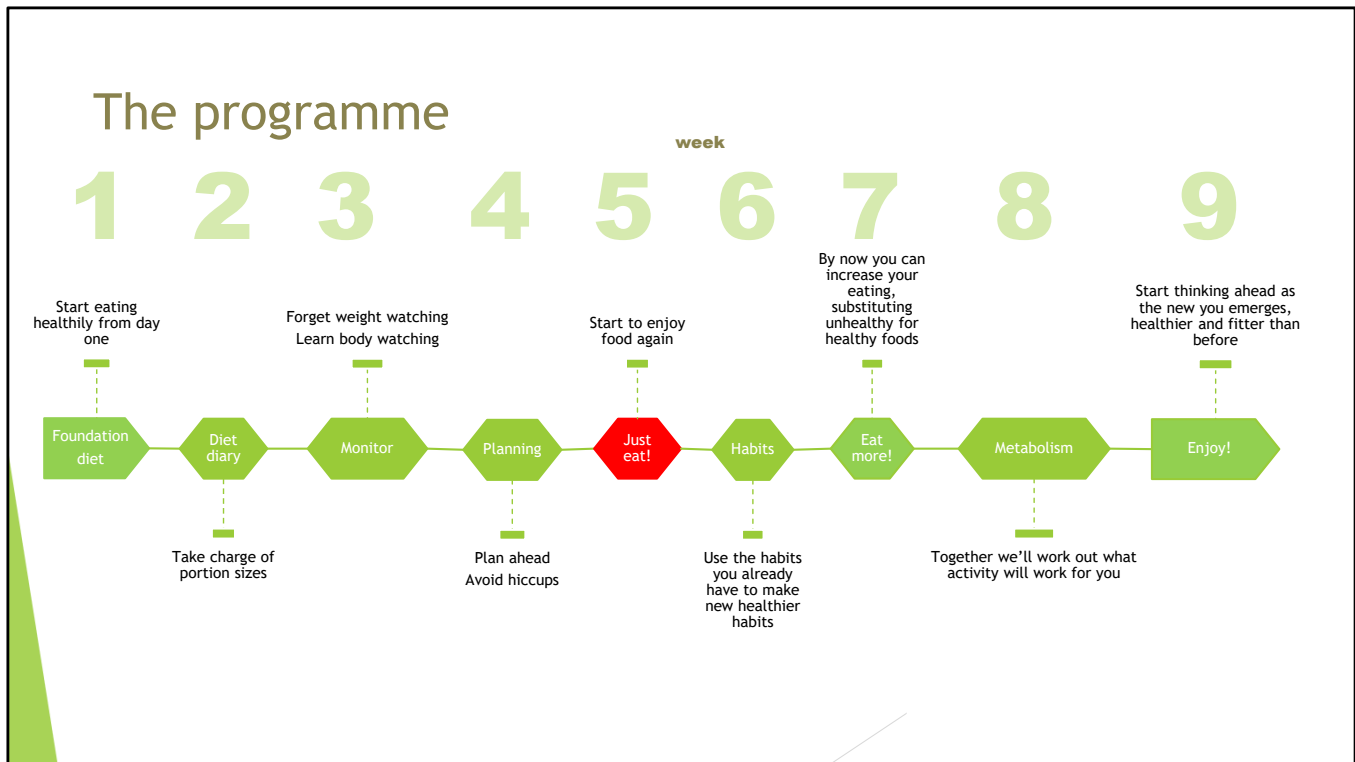
Welcome to session 5 – Just Eat?

In this session you'll learn how to modify your diet, eating a little more and gradually getting back to a healthy maintenance diet. From now on, you will have the option of what to add back and when.

This session's workshop is about understanding more about the psychology of eating – and of over eating.

Let's go to the next slide to see where we are in the

programme.



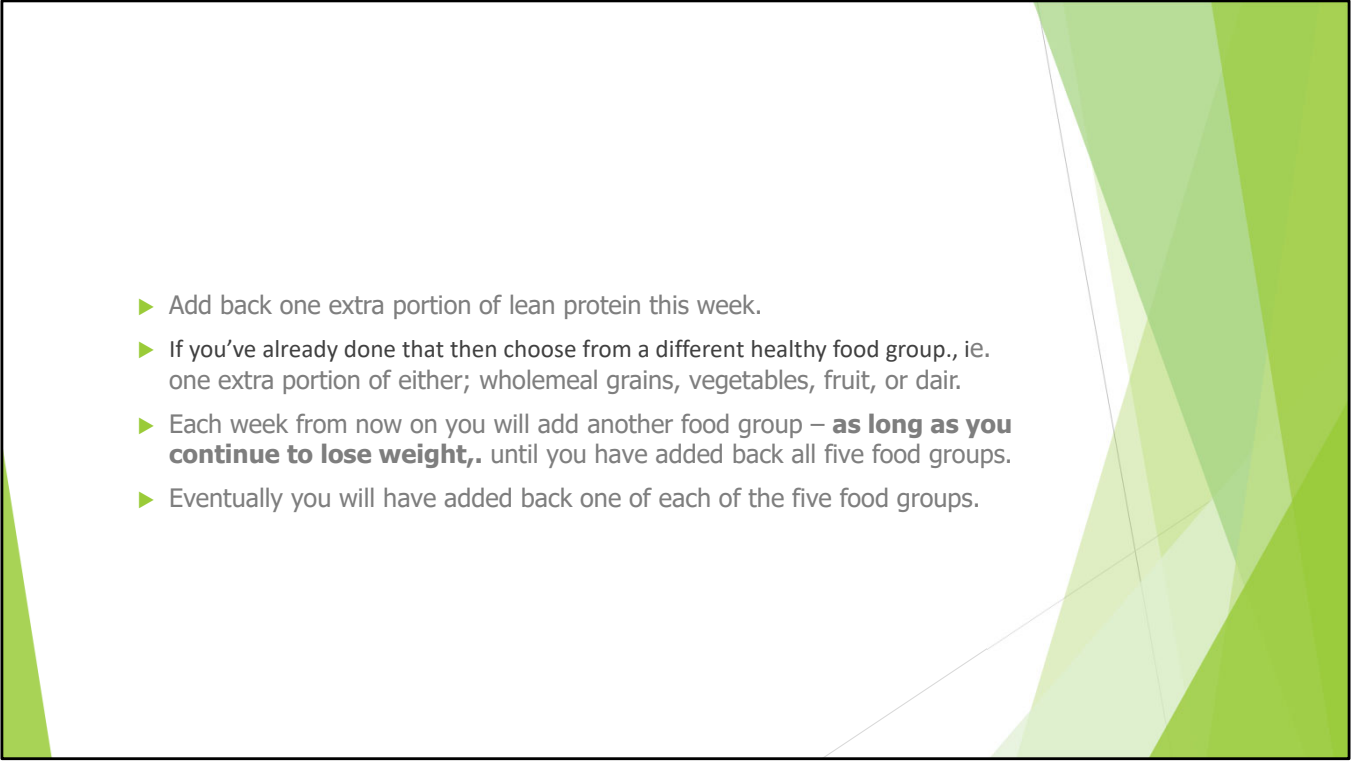
Programme

You are now more than half-way through these weekly sessions. That doesn't mean that you should be halfway through your weight loss journey. Healthy weight loss can take several months to achieve. But you should have lost a good chunk of fat by now, and learned a lot about how your body responds to a changed diet.

You are through the most stringent part of the diet. You'll be gradually modifying the foundation diet,

morphing it into a diet that suits your tastes and lifestyle. But slowly is the name of this game.

Just a reminder to switch on the commentary by clicking on the speaker (generally) top right of the slide, after you've commenced the auto slide show – that's the headline option in each diet session page.

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- ▶ Add back one extra portion of lean protein this week.
 - ▶ If you've already done that then choose from a different healthy food group., ie. one extra portion of either; wholemeal grains, vegetables, fruit, or dair.
 - ▶ Each week from now on you will add another food group – **as long as you continue to lose weight,** until you have added back all five food groups.
 - ▶ Eventually you will have added back one of each of the five food groups.

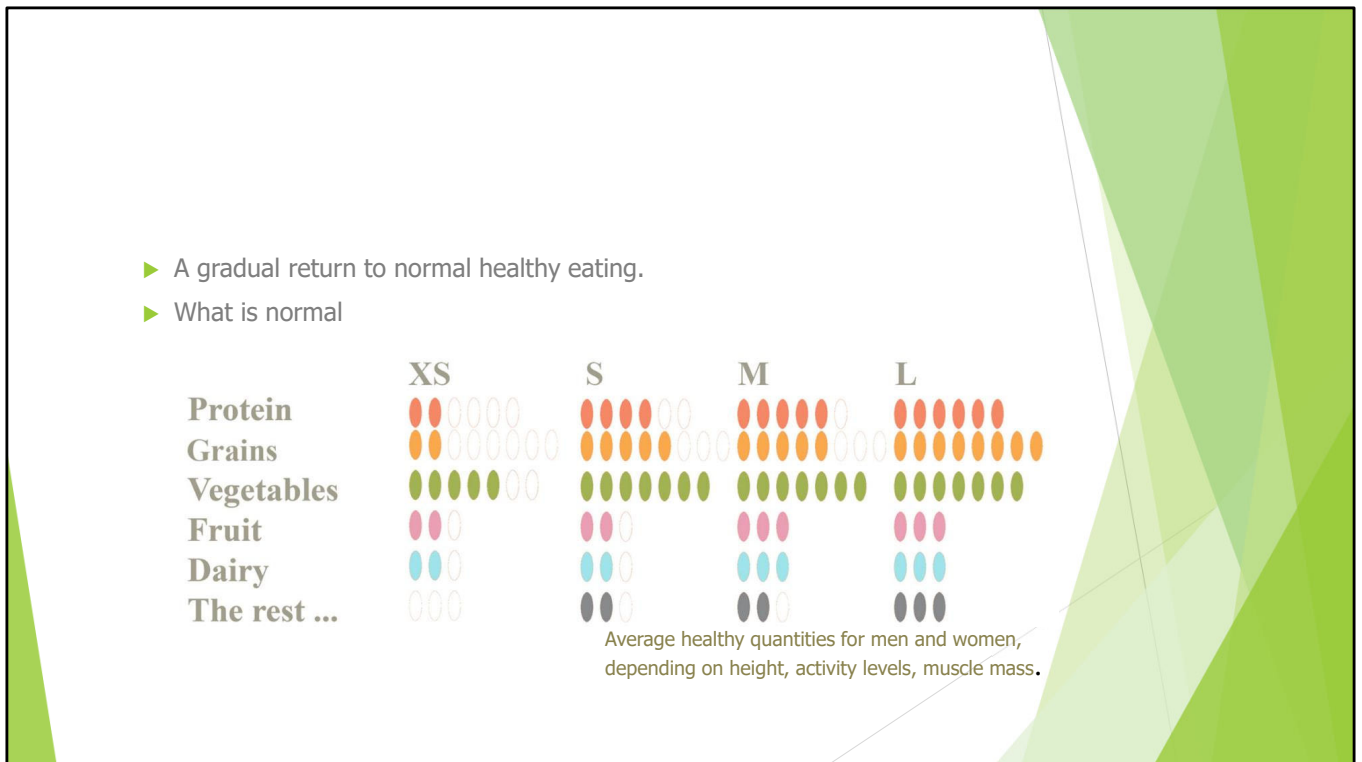
Homework

Just to keep you on your toes we're going to start with the homework this week. That's because this week you are taking a new direction with your diet. Keep to the diet sheet, but now add back one portion of protein to your daily allowance to increase your eating.

If you've already done that then choose from a different healthy food group.

Remember that protein should be lean – so that means for the time being fatty cuts of meat, ham, sausages and plant-based processed products such as veggie sausages or hamburgers don't count. Soy, tofu, Quorn pieces, pulses, lean offal, red meat, chicken and fish do count. Each food group has its details.

Go back to the first sessions to check. In particular check the portion counter I gave you in session 1 to make sure you are eating the right quantity and quality.



What's going on here?

Diets are difficult to keep to. When you go on a diet, everything in your body and in your psyche is working against your efforts. We are programmed by evolution to eat when there is food around. Diets are very abnormal situations.

But if you want to get back to a healthy weight – you have to eat less. You have to switch your body from weight gain to weight loss. The evidence shows us that a short-sharp diet is a very good way to get the process

started.

BUT

You don't have to keep on this diet until every last ounce of fat is lost. In fact, it is much better for your system to eat a little more after four weeks of stringent diet, so that you reach your ideal weight and ideal diet gently. I call it coming into land. A pilot knows that to land plane safely you have to slow down and level up – weight loss is just like this.

The diagram indicates that we are all different. If you are tall and active your normal diet will be different to someone who is petite and less active. Someone with a lot of muscle will require more food than someone whose muscles are smaller. This diagram is for men and women. The statistics reveal that women are likely to require something equating to the level of eating described under the S or M category.

At this stage it is a good idea to balance more eating with a little more activity. This will start to help your muscles to strengthen. The studies show that people who successfully lose weight often gravitate to become regular walkers. So, if you do nothing more, at least try to build in a 30 minute walk every day.

We are now starting a gradual return to a normal balanced and healthy diet and normal levels of exercise. Once you've got there, your body will help you automatically, using appetite and feelings of fullness to naturally control your eating. But it won't happen unless you re-train the body. This gradual increasing of healthy food is part of that retraining.

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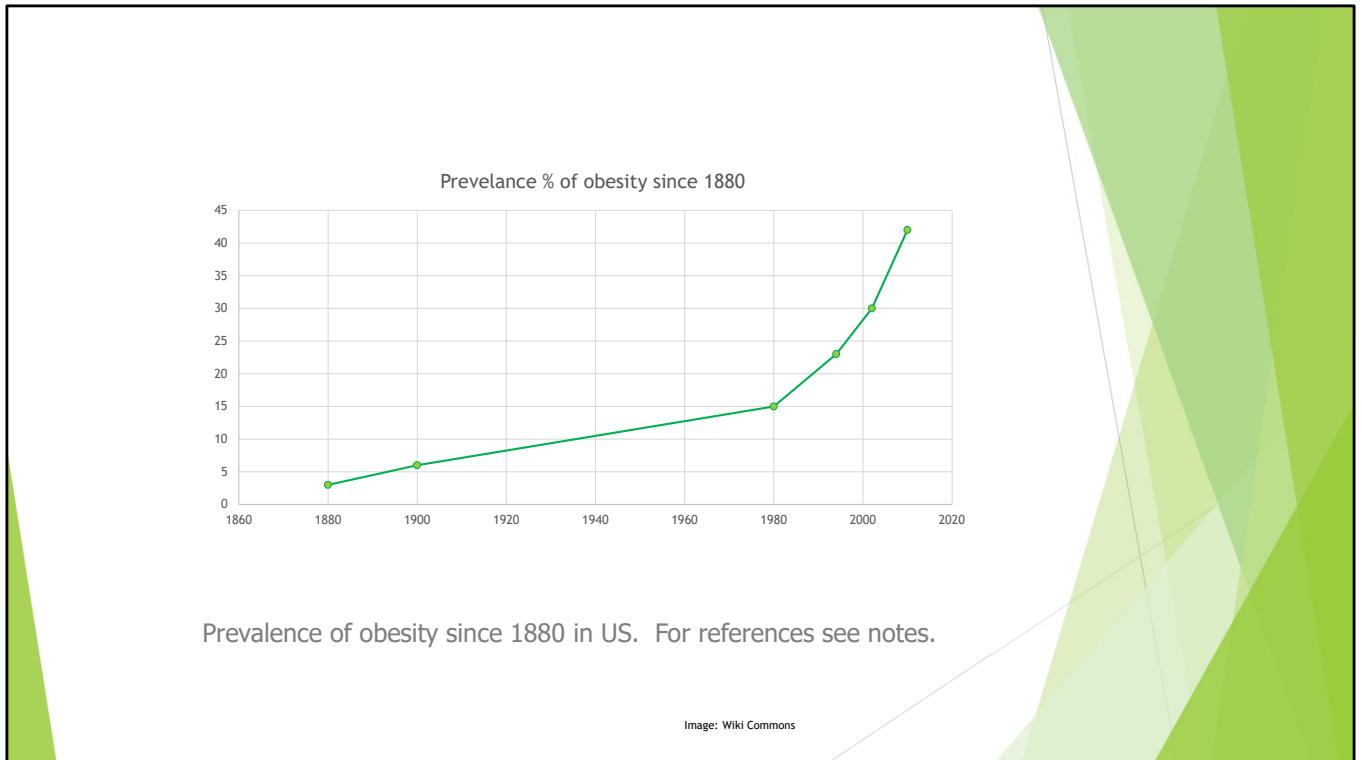


What is food?

While you are engaged in adding back healthy foods, I'd like you to think about your motivations for eating. In this session we'll think about food in its wider context. Unlike many diets this programme isn't about guilt, or restriction. It should be about enjoying what is, after all, one of life's most fundamental activities.

Hermits can live for years without company, some people can go a week without money, but we all need food every day, several times a day.

Next slide



Going back in time

This graph tracks the rise of obesity in the 20th Century. Though this is a US example, it is useful to look at, because it goes right back to 1880. All the evidence is that the same thing has been happening in Europe. In the UK in 2018, 60% of women were overweight. In the US that number was reached in 2014. Among over 40s the stats are even worse.

What we see is that something dreadful started happening at the end of the 70s that completely changed our diet, and thus our ability to

maintain a healthy weight.

What might it have been? Many nutritionists have placed the cause of the obesity epidemic at the door of convenience foods, which contain fewer nutrients, more sugars and fats and more colourings and additives. The outcome has not simply been weight gain – the consequences have been increases in diseases like diabetes type 2, heart disease and more recently susceptibility to Covid-19.

It may well be that you haven't been eating too much, you might just have been eating too much of the wrong foods. Wholesome home cooked food, will fill you up and keep you healthy. Going back to the way Grandma cooked, may not be such a bad idea. As we shall see on the next slide.

Johnson, R. J. *et al.* Potential role of sugar (fructose) in the epidemic of hypertension, obesity and the metabolic syndrome, diabetes, kidney disease, and cardiovascular disease¹⁻³. *Am. J. Clin. Nutr.* **86**, 899–906 (2007). 2010 figures from Fakhouri, T. H. I., Ogden, C. L., Carroll, M. D., Kit, B. K. & Flegal, K. M. Prevalence of obesity among older adults in the United States, 2007-2010. *NCHS Data Brief* 1–8 (2012).

- ▶ In the 50s most people ate their main meal at home
- ▶ The meals were freshly cooked from scratch
- ▶ People didn't eat out so much
- ▶ People didn't use convenience foods – they simply weren't available



Image: Wiki Commons

How Grandma cooked

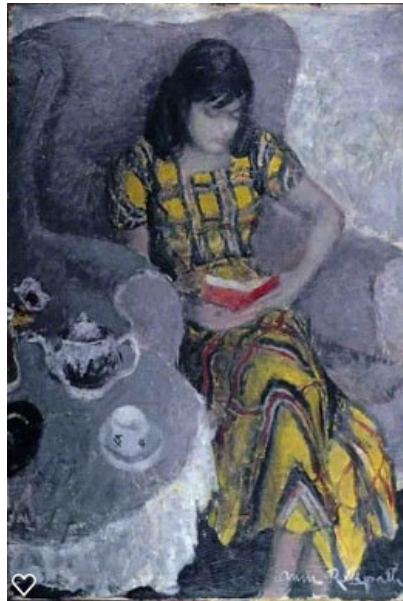
Let's go right back in time. We often forget that fifty years ago most people still bought all their food fresh and cooked it at home. Many people grew their veg and even more bought food daily from the farm gate or from a local greengrocer. Peaches would have been unheard of outside August and avocado was the colour of bathroom china – not a (very calorie rich and protein poor) breakfast dish. After the seventies people started enjoying things called TV dinners and a company called Vesta put dried vegetables and plenty of mono-sodium-glutamate into a little silver package and called it Chop

Suey. You will have your own memories.

All this adds up to the worrying fact that we've actually been less well fed in the intervening years. Part of this week's message is to encourage you to go back to basics, start to cook again and think about the food that you had as a child or teenager. It might just have been healthier.

Next slide

- ▶ Reasons we eat?
- ▶ Tired
- ▶ Cold
- ▶ Fed-up



Relaxation

Eating should be a relaxing and enjoyable part of life, a punctuation to the day's activity. But modern life tends to rob us of those special moments. Think about yesterday. Did you relax when you stopped to eat. Tomorrow, try a different approach to meal times. Add a few more minutes to enjoy the flavours, and the company. Try setting the table and eating more formally at least once a day. Consider banishing TV or social media. Concentrate on the world around you, noises of the garden, or the street outside. Use the time to let

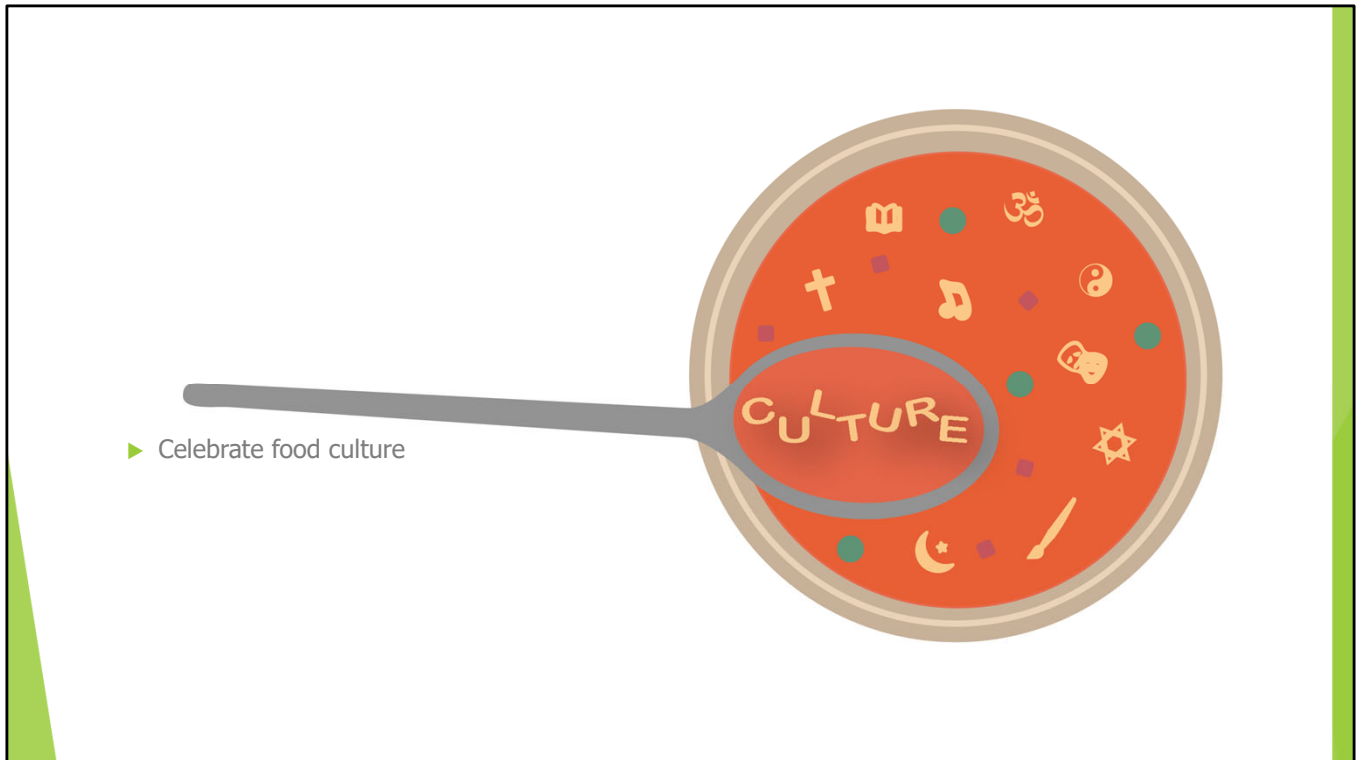
your mind free.

We eat with all five senses. Consider each one in turn. Even a quick pit-stop for a cup of tea can be as enjoyable as this woman's afternoon, or it can simply be a stress-laden, calorie-laden non-event.

I think the more we make our meals comfortable parts of our day, the less we'll turn to unhealthy foods.

Never let yourself fall into the habit of feeling guilty about taking a break. Relish one of life's most precious and affordable treats – the tea break.

Next slide



Culture

For hundreds, if not thousands of years our food has been influenced by many different cultures.

Examine your own background, where do your forebears come from? Genetically we are all pre-programmed by our food heritage. The most obvious example is that people whose heritage is pastureland have a genetic modification that allows them to drink more milk, which is a super nutritious food.

What can you learn from your neighbours and friends? Most of us have access to restaurants or recipes from different cultures. The human digestive system has evolved to modify itself every single day, adapting to the food we are eating and trying to glean as many nutrients as possible from whatever food is available. The more we experiment and enjoy new foods and different flavours, the more our bodies will respond well.

As you start eating healthier foods your microbiome will change. Those are the good bacteria that are found in the gut and help process the food we eat. Don't be fooled by expensive supplements – it is good wholesome and varied foods that you need to make a healthy digestion.

Digestion can become very efficient when we are eating high quality, high fibre, nutritious foods, but it can also be slowed down when we eat less nutritious foods. Many digestive problems such as stomach cramps, constipation and urgency can be relieved by improving the diet.

Feel free to experiment. You may be surprised by the foods you suddenly find you enjoy and foods that make you feel great.

Next slide

- ▶ Make eating convivial
- ▶ Invite friends to eat with you
- ▶ Frequent your favorite (good food) restaurants



Louvre: Gerard David, The Marriage at Cana

Eating with friends

Eating together is an important ritual and one that we all missed during lockdown. Feasts and ceremonies from time immemorial have focused around food. The conviviality of eating with friends or family is important. The illustration is David's wonderful painting, *The Marriage at Cana* from the Louvre.

However, whether you are at a family party, or trying to eat healthily in a café or restaurant, you can encounter

problems. That friend who always bakes huge cream cakes, or drags you off to a seedy pub, might not be so popular at the moment.

Try to take the lead in decisions about where to go and what to do. It may well be that your friends might also enjoy a coffee bar instead of a pub once in a while.

There are healthy restaurants out there, but some are expensive. Make your choices carefully. Never begrudge money spent (if you have it) on a convivial meal with friends. Inviting friends to your home, or to join you on a picnic is the one easy way of ensuring that you get to eat your style of good food. Invite someone to eat with you this week – even if it's over Zoom!

Remember only half the pleasure is the food, the other half is the company. No true friend one will mind what you eat and what you set aside.

Next slide

- ▶ Hunger is a primordial emotion
- ▶ The hormones that are released when we are hungry are identical to those released when we are afraid.



Sustenance

Hunger is a primordial emotion – all animals experience it. Hunger will cause people to display extreme altruism as well as extreme greed.

That is because the hormones that are released when we are starving are the same as those released when we are afraid. The body and the mind can't easily distinguish between lack of blood glucose (energy) and fear. Some anxiety hormones, principally adrenalin and

noradrenalin, trigger the reactions we associate with fear, but they also trigger fat breakdown. This ensures that the body is constantly fueled.

There is also an opposite reaction. Ironically, fear and anxiety can make us feel hungry. That's why comfort eating is so often associated with eating sugary things – glucose provides an immediate message of satiety to the brain. If our metabolism isn't working so well, or if our fat stores are limited, the body will raid protein to fuel normal bodily processes. Older people are susceptible to this and it can result in muscle wasting and frailty.

The reactions are bio-chemical and subconscious. Our responses are triggered very deep in the oldest part of our brain. These are emotions that are difficult to control. It is said that a dog, confronted by palatable food will eat until it can't stand. Dogs, like humans are scared of hunger. At certain times in our lives we too can develop an unhealthy relationship with food.

Answer the questions on the next slide, to gauge your attitude.

Do you sometimes feel uncomfortably full?

Do you worry that you have lost control over how much you eat?

Did your weight yo-yo? (Before you started the diet)

Do you believe yourself to be too fat or too thin, when others say you are okay?

Would you say that food dominates your life?

My relationship with food

Have a go with these questions. Try and answer the questions honestly. There are no right or wrong answers.

0	<ul style="list-style-type: none">• You have a relaxed attitude to food. But beware, that might mean you pay too little attention to your diet.
1-2	<ul style="list-style-type: none">• You are thinking about your diet and your health and by taking this course you are actively improving your diet. Take care that food continues to be a pleasure.
3	<ul style="list-style-type: none">• Feelings of loss of control over our diet and anxiety over weight are common. This course should help you get things into perspective.
4-5	<ul style="list-style-type: none">• You are tipping into the realms of worrying too much about your eating and possibly your body image. Talk to me or a trusted friend or professional if you have worries.

Answers

Score one for each time you answered yes.


A score of 0 means that you have a relaxed attitude to food. But beware, that might mean you pay too little attention to your diet.

If you scored 1 or 2 - You are thinking about your diet and your health and by taking this course you are actively improving your diet. Take care that food continues to be a pleasure.

A score of 3 might indicate that food is controlling you, rather than you being in control. Feelings of loss of control over our diet and anxiety over weight are common. This course should help you get things into perspective.

If you scored 4 or 5, you might be tipping into the realms of worrying too much about your eating and possibly your body image. Try to ensure that you eat three healthy meals EVERY day. A healthy balanced diet is the only long term solution. If you think things are getting at all out of control you can email me, or talk to a trusted friend or professional.

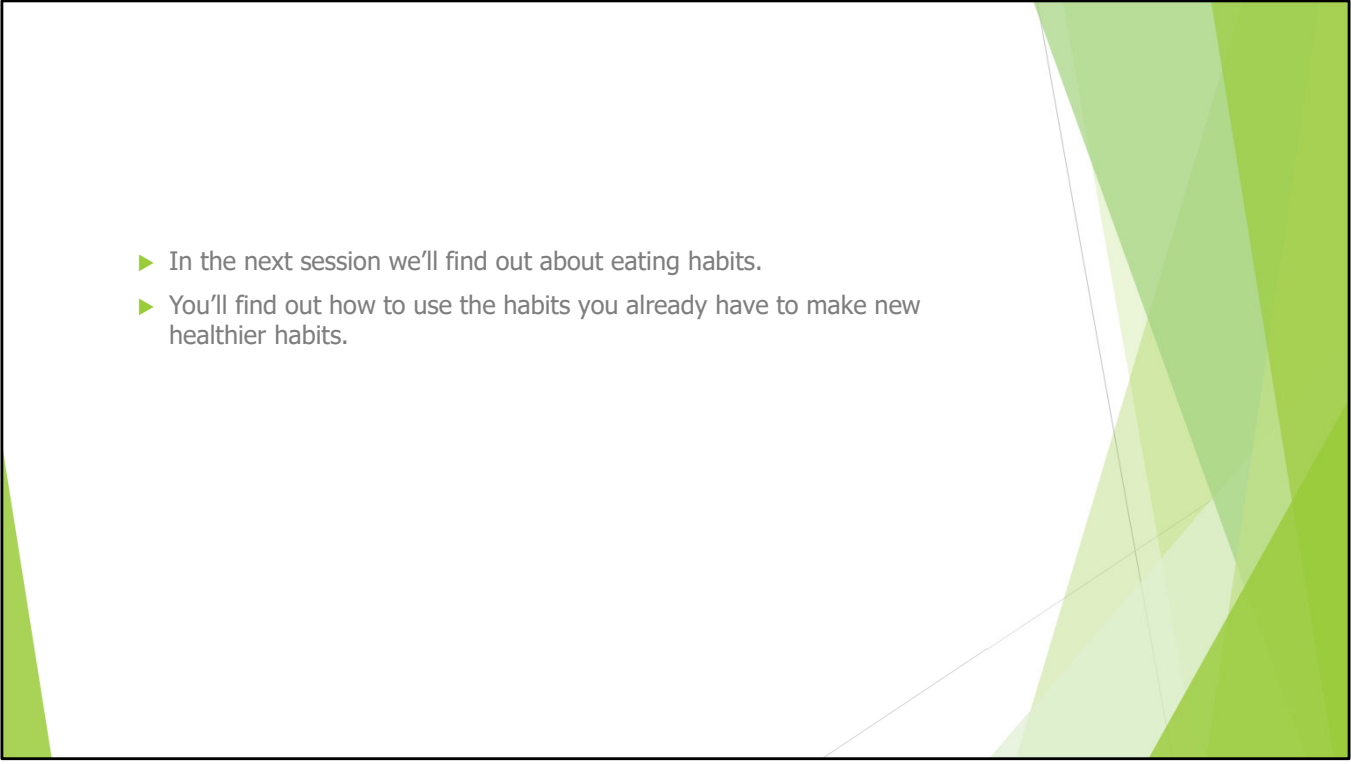
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- ▶ Try to find time this week to enjoy a new eating pleasure. Invite a friend to have a meal with you, or go out to somewhere you know serves good food. Really enjoy it.
 - ▶ Think about your personal cultural heritage. Do any recipes or special foods come to mind? Let those thoughts lead you to a new recipe website or to seek out a new cookbook.
 - ▶ Continue to monitor and record your eating and your body composition. Share if you'd like to.



Safety

Please read the safety instructions carefully. If you are confused, or unsure, please do not hesitate to contact me.

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- ▶ In the next session we'll find out about eating habits.
 - ▶ You'll find out how to use the habits you already have to make new healthier habits.

Next session

The next session will focus on eating habits. Many people try to change their habits all together, but new research suggests that it is better to try and modify a bad habit, so it becomes a better habit.

You'll learn about this in the next session.

Next slide



- ▶ Part 6 of the personal healthy eating plan will be posted to you in one week's time.
- ▶ Any questions?
Email wendy@wendyshillam.co.uk

Well done! You've completed part five of the diet programme.

I'm looking forward to hearing how you are doing?

This is Wendy Shillam, signing off and wishing you a happy and healthy week.

Bye for now!