

Just eat?

# Session 5

# The programme

week

1 2 3 4 5 6 7 8 9

Start eating healthily from day one

Forget weight watching  
Learn body watching

Start to enjoy food again

By now you can increase your eating, substituting unhealthy for healthy foods

Start thinking ahead as the new you emerges, healthier and fitter than before

Foundation diet

Diet diary

Monitor

Planning

Just eat!

Habits

Eat more!

Metabolism


Enjoy!

Take charge of portion sizes

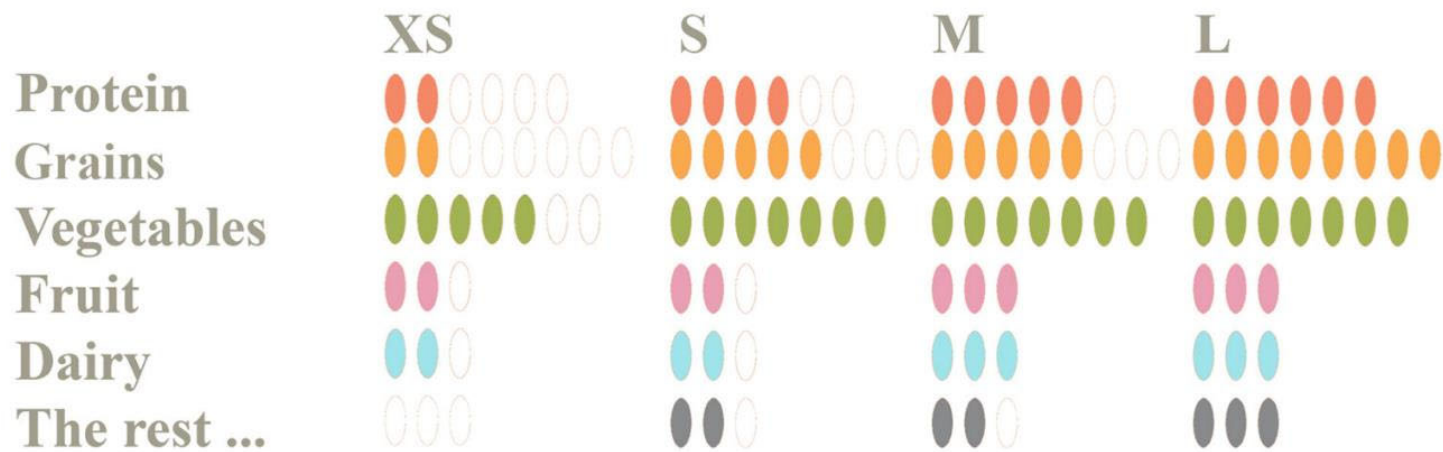
Plan ahead  
Avoid hiccups

Use the habits you already have to make new healthier habits

Together we'll work out what activity will work for you

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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.

- ▶ A gradual return to normal healthy eating.
- ▶ What is normal



Average healthy quantities for men and women, depending on height, activity levels, muscle mass.

Back to basics

- How Grandma ate and cooked

Relaxation

- Have a break

Culture

- Discover a new cuisine

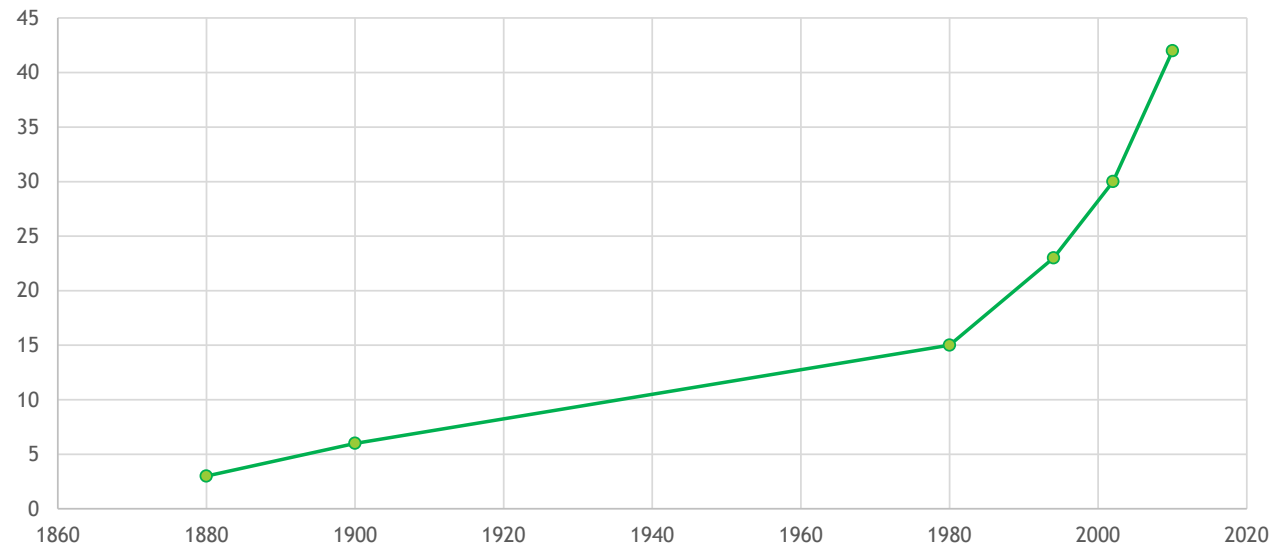
Hospitality

- Invite a friend

Sustenance

- Our relationship with food

Prevalence % of obesity since 1880



Prevalence of obesity since 1880 in US. For references see notes.

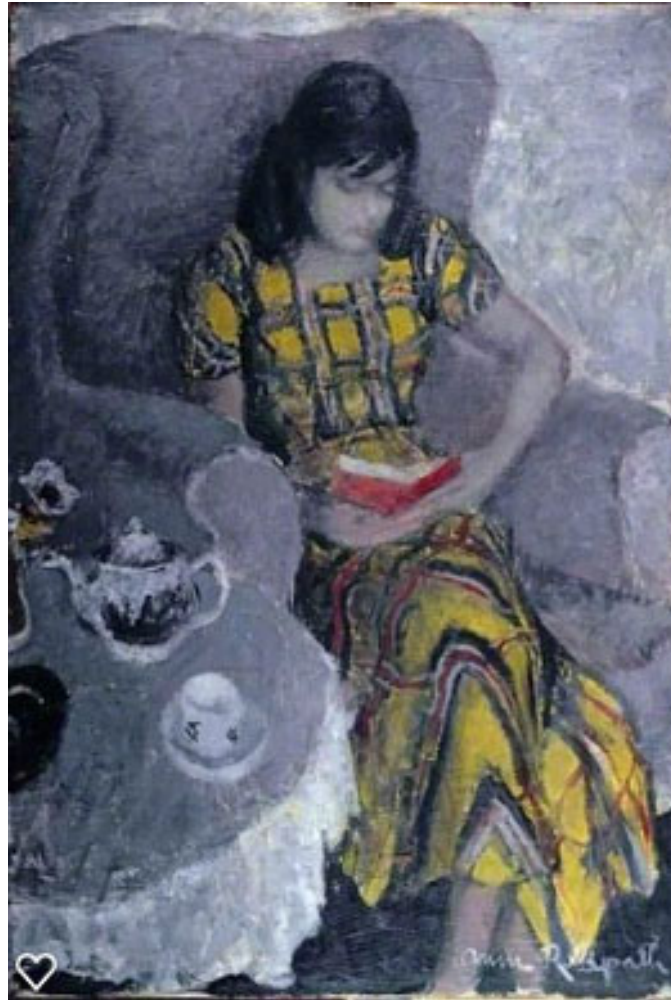
Image: Wiki Commons

- ▶ 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

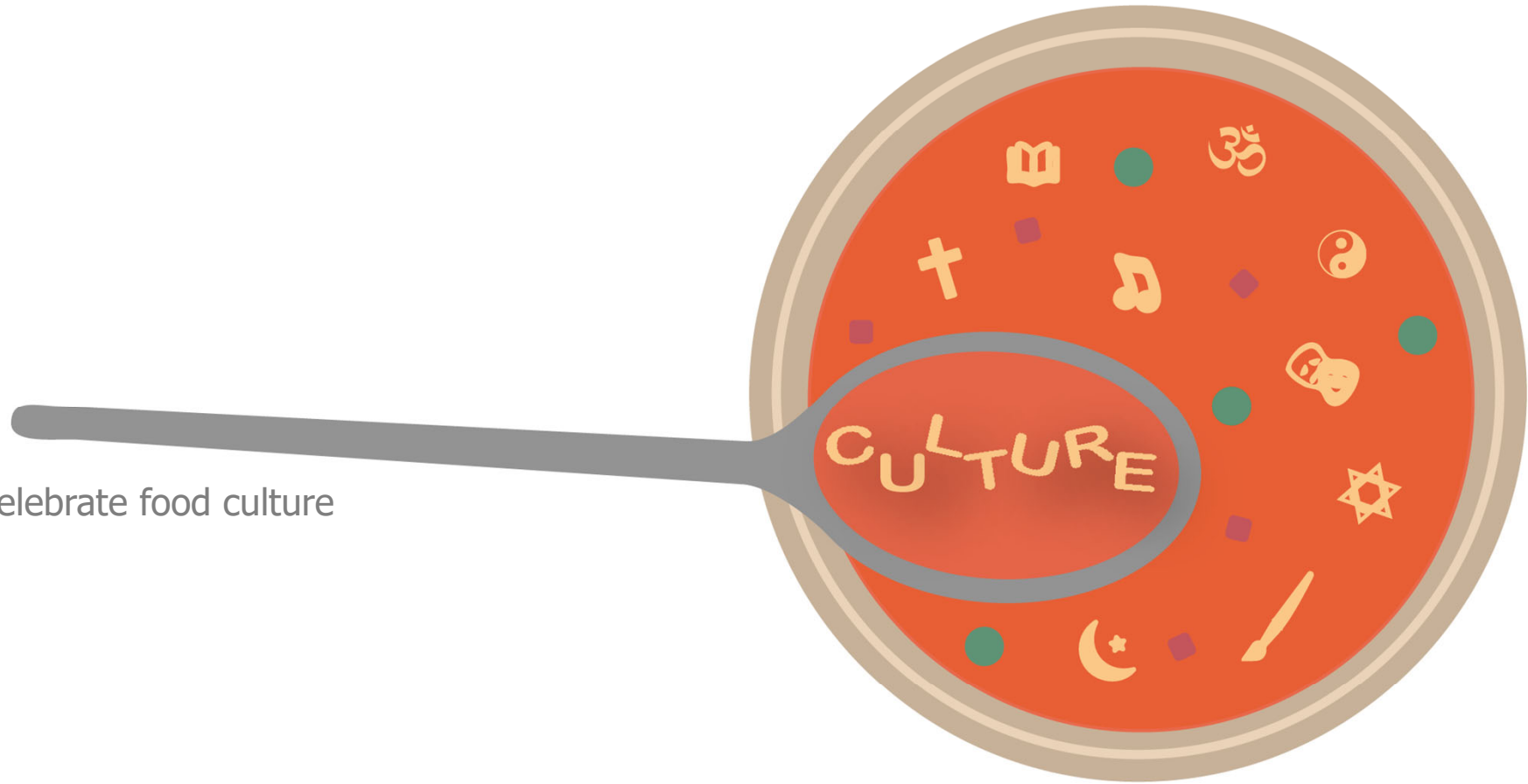


- ▶ Reasons we eat?
- ▶ Tired
- ▶ Cold
- ▶ Fed-up





► Celebrate food culture



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



Louvre: Gerard David, The Marriage at Cana

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



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?

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- You have a relaxed attitude to food. But beware, that might mean you pay too little attention to your diet.

1-2


- 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.

3

- 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


- 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.

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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.



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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.





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