Spring 2020

Measuring Eating Competence Among Participants Enrolled in a 15-Week Weight Management and Chronic Disease Prevention Program

Delaney Corrin Javens
University of Akron, dcj24@zips.uakron.edu

Title: Measuring Eating Competence Among Participants Enrolled in a 15-Week Weight Management and Chronic Disease Prevention Program

Author: Delaney Corrin Javens
Co-Author: Christin L. Seher PhD, RDN, LD

Current research indicates that an individual's eating competence (e.g. feeling relaxed about eating, experimenting with new foods, trusting oneself to eat enough, and eating a variety of foods) plays a key role in health outcomes, including weight and chronic disease. This study examined changes in eating competence among participants, ages 35-74 years-old, enrolled in a 15-week weight management and chronic disease prevention program. The purpose of this study was to help program facilitators determine if the cohort's eating competence grew as a result of the nutrition and behavior modification education provided throughout the program. Three 40-minute nutrition presentations were created and delivered to program participants over a 5-week time period as part of the larger 15-week program that also focused on behavior modification techniques, physical activity, and cooking skills. Participants' eating competence was measured using the Satter Eating Competence Scale (ecSI 2.0, 2011), a validated survey tool to assess eating competence, at the beginning and end of the program as part of a comprehensive program assessment process. The results of this study will be presented and discussed, along with application to practice.

The University of Akron

College of Health Professions

School of Nutrition & Dietetics

Measuring Eating Competence Among Participants Enrolled in a 15-Week Weight Management and Chronic Disease Prevention Program

Delaney Corrin Javens; Christin L. Seher PhD, RDN, LD
School of Nutrition and Dietetics, The University of Akron

INTRODUCTION

"Eating competence is being positive, comfortable, and flexible with eating as well as matter-of-fact and reliable about getting enough to eat of enjoyable and nourishing food."[1]

Research shows that eating competent people have better diets, are more joyful and positive about eating, are more trusting and capable with themselves and others, have the same or lower BMI, have better physical self-acceptance, are more active, sleep better and longer, have better medical profiles and lab tests, and do better with feeding their children.[1] Eating competence has been associated with a lower BMI as well as better medical profiles and lab tests, which also lowers the risk of developing chronic diseases such as hypertension, heart disease, and type II diabetes.[1]

The Sweet Life Program at Summa Health Equity Center is a 15-week weight management and chronic disease prevention program focusing on behavior modification techniques, physical activity, and cooking skills for individuals at-risk for type II diabetes. Programming incorporates behavioral health sessions with a psychologist, zumba and yoga lessons, cooking demos, and nutrition education. Program facilitators purposefully integrate components of mindful eating into the Sweet Life Program design.

PURPOSE OF INTERVENTION

The purpose of this study was to help program facilitators determine if the cohort's eating competence grew as a result of the nutrition and behavior modification education provided throughout the 15-week program.

EATING COMPETENCE ASSESSMENT TOOL[2]

- The ecSI 2.0 (2011) is based on the Ellyn Satter Eating Competence Model
- Copyrighted, validated instrument for assessing adult eating competence in the United States with English-speaking adult women and men across all income groups
- Comprised of 16 statements that address each of the following four factors:
  - Eating attitudes
  - Food acceptance
  - Food regulation
  - Contextual skills
- A total score of 32 or above (out of 48) indicates eating competence

METHODS

Three 40-minute nutrition education sessions were created and delivered to program participants (n = 7, ages 35-74) over a 5-week period as part of the larger 15-week program.

The sessions focused on:
- Macronutrients, Micronutrients, MyPlate, and Nutrition Fact Label Reading
- Fad Diets and Mindful Eating
- Shopping on a Budget, How to Make Informed Decisions at the Grocery Store, and Genetically Modified and Organic Foods

The four components of eating competence were emphasized through discussion throughout the lesson.

Pre- and post-program assessment of eating competence was conducted by adding the ecSI 2.0 to existing program assessment measures.

QUANTITATIVE FINDINGS

- 7 participants completed the program and all pre- and post-assessments, including the ecSI 2.0

- **Eating Competence (out of 48)**
  - Mean pre-assessment score of 21.4
  - Mean post-assessment score of 25.3 (8% increase)
  - Two participants achieved a score of 32 or better

  - **Eating Attitudes (out of 15)**
    - Mean pre-assessment score of 8.3
    - Mean post-assessment score of 8.3 (no change)
  - **Food Acceptance (out of 9)**
    - Mean pre-assessment score of 2.4
    - Mean post-assessment score of 5 (29% increase)
  - **Food Regulation (out of 9)**
    - Mean pre-assessment score of 4.1
    - Mean post-assessment score of 4.1 (no change)
  - **Contextual Skills (out of 15)**
    - Mean pre-assessment score of 6.6
    - Mean post-assessment score of 7.9 (9% increase)

QUALITATIVE FINDINGS

Cohort participants were happy to share their thoughts regarding the nutrition and eating competence emphasis during the final program assessment process. Focus group facilitators passed along that:

"Two participants mentioned that the information about shopping only the perimeter of the grocery store completely changed how they shop and the foods they choose. They stated once they were given this information, something just "clicked.""

(Contextual Skills)

"One participant shared that they feel more confident about managing their stress and choosing healthier food options."

(Eating Attitudes/Food Regulation)

These responses from program participants provide further support for how eating competence grew throughout the duration of the program.

CONCLUSION

Results from this small cohort suggest that eating competence is positively impacted by participating in the Sweet Life Program. The program should continue to include the ecSI 2.0 as an assessment tool until data from a larger sample can be analyzed to draw conclusions with statistical power. As eating competence is positively associated with lower BMI as well as better medical profiles and lab tests, incorporating eating competence as a construct into the program design may help decrease participant risk for developing chronic health conditions.[1]

REFERENCES

1.The Satter Eating Competence Model. Ellyn Satter Institute Website. https://www.ellynsatterinstitute.org/satter-eating-competence-model/. Updated 2019. Accessed April 10, 2020.

2.Using ecSI 2.0. Ellyn Satter Institute Website. https://www.ellynsatterinstitute.org/ecsI-2-0/. Updated 2019. Accessed April 7, 2020.

Summma Health

The SWEET Life Program
Summa Health Equity Center
Cohort 21

Date	Provider 6:00 – 6:45	Provider 6:45 – 7:30
08/20/19	**Introduction**	**Introduction**
08/27/19	Assessments	Assessments
09/03/19	Behavioral Health	Zumba
09/10/19	Behavioral Health	Nutrition
09/17/19	Behavioral Health	Zumba/Yoga
09/24/19	Behavioral Health	Nutrition
10/01/19	Behavioral Health	Fitness Lesson
10/08/19	Behavioral Health	Nutrition
10/15/19	Behavioral Health	Zumba/Yoga
10/22/19	Behavioral Health	Cooking Demo/Nutrition
10/29/19	Zumba/Yoga	Cooking Demo/Nutrition
11/05/19	Zumba/Yoga	Cooking Demo/Nutrition
11/12/19	Zumba/Yoga	Cooking Demo/Nutrition
11/19/19	Assessments	Assessments
11/26/19	**Graduation**	**Graduation**

Assessments are *mandatory*. If you know that you are unable to attend on one of the assessment days, please call Isabella at **(330) 865 – 5365** to schedule your assessment at a more convenient time.
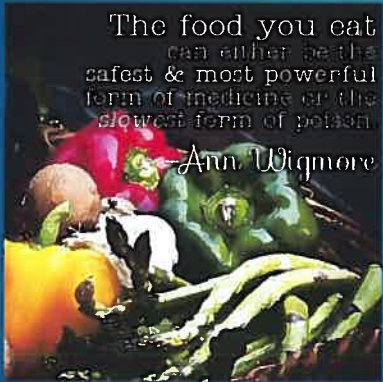
Eat Well to Live Well

- Getting Back to the Basics of Healthy Eating -

Delaney C. Javens
University of Akron
Coordinated Program Dietetic Student

Food for thought:
Why does what we eat matter?

The food you eat can either be the safest & most powerful form of medicine or the slowest form of poison
—Ann Wigmore

Every bite you take is either

fighting disease or feeding it.

Macronutrients and Micronutrients

- A macronutrient is a chemical element or substance that is essential in large amounts to promote growth and healthy living.
  - Carbohydrates - *the body's main fuel source*
  - Protein – *the building block of the body*
  - Fat

- A micronutrient is a chemical element or substance that is only required in trace amounts for normal growth and development.
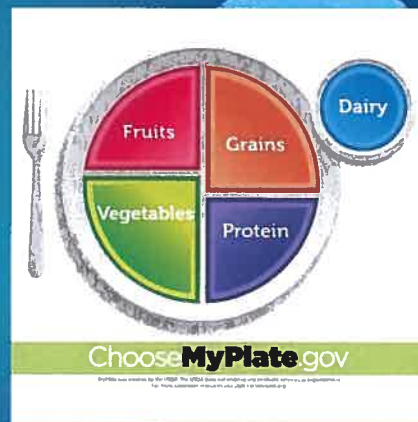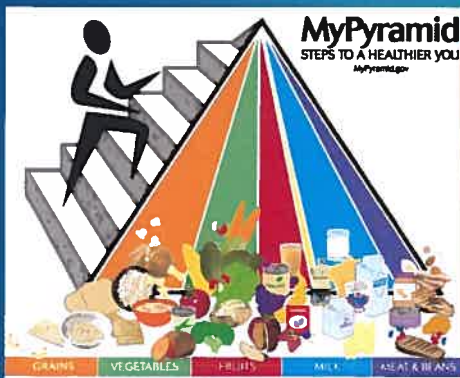 - Vitamins
  - Minerals
  - Water

Let's start easy – What macronutrient(s) do these foods contain?

This may be a little harder -
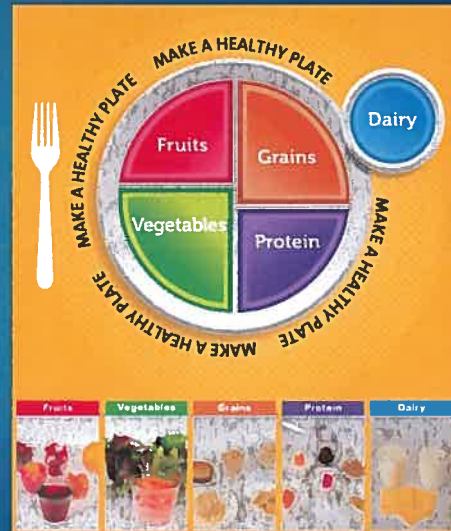What macronutrient(s) are in these foods?

Out with the old, in with the new

Overview of MyPlate

- MyPlate features the 5 main food groups:
  - Grains
  - Protein
  - Fruits
  - Vegetables
  - Dairy

A healthy, well-balanced diet does not restrict or exclude any of these food groups.

Grains

- You should have 5-7 ounces per day

- Refined grains versus whole grains

- Make ½ of your grains whole grains each day

- Try oatmeal, popcorn, brown rice, whole grain pasta, whole grain bread, or whole grain crackers

ChooseMyPlate.gov
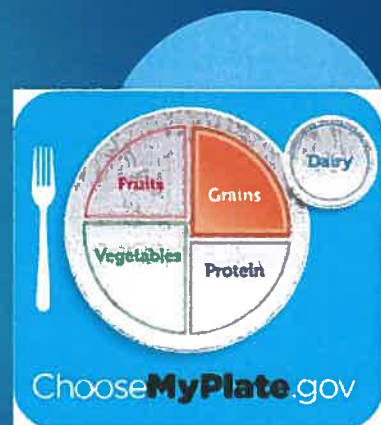
Protein

- The building block of the body

- Choose lean or low-fat protein sources

- Include at least 8 ounces of seafood each week

- You should have 5-6 ounces of protein per day

- Try meat, poultry, seafood, beans and peas, eggs, soy products, or nuts and seeds

Fruits

- Provides many vitamins and minerals needed by the body

- Provides phytonutrients that contain antioxidants and help boost immunity

- The brighter the color of the fruit, the better

- You should strive to eat 1 ½ - 2 cups of fruit every day

- Try fresh, canned, frozen, or dried fruits. 100% fruit juice is an option as well.
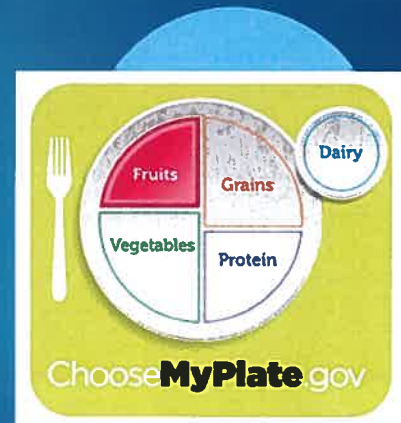
** *Helpful hint* – Limit your consumption of fruit juice and canned fruits as they are packed with added sugars, resulting in additional calories.

Vegetables

- ► Like fruits, vegetables also provide many essential vitamins and minerals
- ► Vegetables provide phytonutrients that contain antioxidants and help boost immunity as well
- ► The brighter the color of the vegetable, the better
- ► Nonstarchy vegetables vs. starchy vegetables
- ► Eat 2 1/2 - 3 cups of vegetables daily
- ► Try to incorporate a variety of dark-green vegetables, starchy vegetables, red and orange vegetables, and beans and peas into your diet

*** Helpful hint –** When you are hungry, snack on nonstarchy vegetables – they are freebies ☺
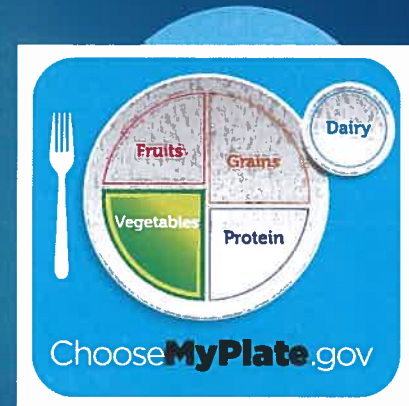
Dairy

- ► Important for teeth and bone health – Vitamin D and Calcium
- ► Can help with mood regulation – Vitamin D
- ► Choose fat-free or low-fat dairy products
- ► Try to consume 3 cups of dairy every day
- ► Try milk, soymilk, yogurt, natural cheese, or cottage cheese
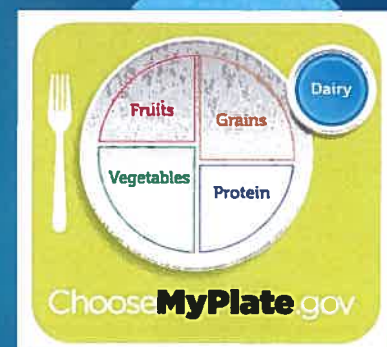
What to limit when using MyPlate to navigate healthy eating

- ▶ Drink and eat less sodium
  - ▶ Limit sodium intake to 2,300 mg per day

- ▶ Decrease saturated fat intake
  - ▶ Limit saturated fat intake to 22 g per day
- ▶ Limit trans fat intake
  - ▶ Would like trans fat to = 0 g when looking at the Nutrition Facts Label

- ▶ Decrease consumption of added sugars
  - ▶ Limit added sugars to 50 g per day

Nutrition Facts Per Serving (16 fl oz)

Calories 490	Calories from Fat 180
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 12g	60%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 210mg	9%
Total Carbohydrate 73g	24%
Dietary Fiber 0g	0%
Sugars 67g	
Protein 5g	
Caffeine 75mg**	

*Percent Daily Values are based on a 2,000 calorie diet.

**Each caffeine value is an approximate value.

Let's break it down – MyPlate serving sizes

Fruits

2 cups
1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
- 1/2 cup dried fruit; or
- 1 cup 100% fruit juice.

Vegetables

2 1/2 cups
1 cup vegetables counts as
- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice.

Grains

6 ounce equivalents
1 ounce of grains counts as
- 1 slice bread; or
- 1 ounce ready-to-eat cereal; or
- 1/2 cup cooked rice, pasta, or cereal.

Protein

5 1/2 ounce equivalents
1 ounce of protein counts as
- 1 ounce lean meat, poultry, or seafood; or
- 1 egg; or
- 1 Tbsp peanut butter; or
- 1/4 cup cooked beans or peas; or
- 1/2 ounce nuts or seeds.

Dairy

3 cups
1 cup of dairy counts as
- 1 cup milk; or
- 1 cup yogurt; or
- 1 cup fortified soy beverage; or
- 1 1/2 ounces natural cheese or 2 ounces processed cheese.

Nutrition Fact Label Basics

- Nutrition Fact Labels are required by the Food and Drug Administration (FDA) to be on most foods

- Contains product-specific information such as serving sizes, calories, nutrient information, and percent daily values (DVs)

- The Nutrition Fact Label was recently updated to allow consumers to make more informed food choices
  - Updated to acknowledge the link between diet and chronic diseases
    - It is required that vitamin D, potassium, and added sugars are listed on the Nutrition Fact Label

Breaking Down The Nutrition Fact Label → → →

Why do we want to choose foods that are high in nutrients and low in energy?

Overfed and Undernourished

Nutrient Dense VS. Energy Dense

Broccoli (1 ounce)	Chips (1 ounce)
10 calories	150 calories
9 mg sodium	180 mg sodium
13 mg calcium	0 mg calcium
89 mg potassium	0 mg potatssium

Let's Practice -

1. If you ate two cups of this cereal dry, how many calories would you be consuming?

2. If you are trying to limit your sodium consumption to 2,300 mg per day, and you eat 1 serving of this cereal dry, how many mg of sodium do you have left to consume for the rest of the day?

3. If you are trying to limit your total fat intake to 50 grams per day, and you eat 3 servings of this cereal dry, what percentage of your daily fat intake have you eaten?

MAKE A HEALTHY PLATE MAKE A HEALTHY PLATE

MAKE A HEALTHY PLATE   MAKE A HEALTHY PLATE

Fruits

Grains

Vegetables

Protein

Dairy

Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.

Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.

Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.

Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.

Dairy

Get your calcium-rich foods.

Remember to choose skim milk or 1% milk.

Nonfat yogurt is a good choice, too.

Keep choices low in fat, sodium and sugar.

Choose**MyPlate**.gov

- **Balance calories** in with exercise or calories burned
- Enjoy your food, but **eat less**
- **Use a smaller plate**, bowl, or glass
- Make half your plate **fruits** and **vegetables**
- Switch to **fat free or 1% milk**
- Eat more **whole grains**
- Eat foods **lower in sodium** (salt)
- **Read food labels** to compare fats, sugars, and sodium to make the best choice
- **Eat more fruits** and **vegetables**
- **Eat less food with solid fat and added sugar** (cakes, cookies, ice cream, candy, sweetened drinks, and fatty meats)
- **Vary your protein sources** with low-fat meats, fish, and lots of plant proteins
- **Get more exercise** (take the steps, park farther away, walk more)
- **Drink water or milk** instead of sugary drinks

Nasco eNasco.com nutrition • WA29393HR • Made in the U.S.A.

The University of Akron
Nutrition Center
Schrank Hall South
Room 210

Nutrition Facts

8 servings per container
Serving size   **2/3 cup (55g)**

Amount per serving
Calories   230

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size
Use this section to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g. number of grams.

Amount of Calories
If you want to manage your weight, this section is especially helpful. The amount of calories listed shows how many calories in one serving of the product. The key is to balance how many calories you eat with how many calories your body uses.

Limit these Nutrients
Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease or high blood pressure. The goal is to stay below 100% DV for each of these nutrients per day.

Get Enough of These Nutrients
People often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve health and help reduce the risk of some diseases and conditions.

Percent (%) Daily Value
Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations.

Foot note with Daily Values (DVs)
The footnote provides information about the DVs for important nutrients, including fats, sodium, and fiber. The DVs are listed for people who eat 2,000 to 2,500 calories each day.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Shop Smart— Get the Facts on the New Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will be changing in the near future, and the updates will help you:

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium
- Compare similar foods to find out which one is lower in calories
- Look for foods that are lower in saturated fat, *trans* fat, sodium, and added sugars

Start with the Servings Per Container and Serving Size

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories

- Find out how many calories are in a single serving

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan:

Current Label:

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label:

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: FDA.gov. *FOR REFERENCE ONLY*

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember: percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.
- 5 percent or less is low — try to aim low in saturated fat, *trans* fat, cholesterol, and sodium
- 20 percent or more is high— try to aim high in vitamins, minerals and dietary fiber

For more food label information, visit the Food and Drug Administration at
www.fda.gov/Food/ ResourcesForYou/Consumers

HOW TO NAVIGATE THE CONFUSING WORLD OF EATING AND RETURN TO MINDFULNESS

Fad Diets and Mindful Eating

Delaney Javens
The University of Akron
Coordinated Dietetic Program

Fad Diets

When did eating get so **COMPLICATED?**

WHAT IS A FAD DIET?

- A **temporary** solution for weight management
- Restricts or eliminates foods or entire food groups that contain necessary nutrients needed by the body
- Allows you to eat specific foods, but only when paired and eaten with other certain foods
- For food groups these diets do permit, the recommended servings are either well above or well below those recommended by the AHA, ADA, AND as well as the Surgeon General and USDA
- Makes false claims
- Limits when you can eat
- Claims there is no need to exercise

THE VICIOUS DIET CYCLE

REPEAT

FEAST RESPONSE
- Reduced matebolic rate
- Loss of muscle
- Regain weight from fat.

OVERWEIGHT

CALORIE DECREASE

CALORIE INCREASE

DIET

FALL OFF

FAMINE RESPONSE
- Lose weight from lean muscle and fat.
- Reduced matebolic rate.
- Increase in fat storage.
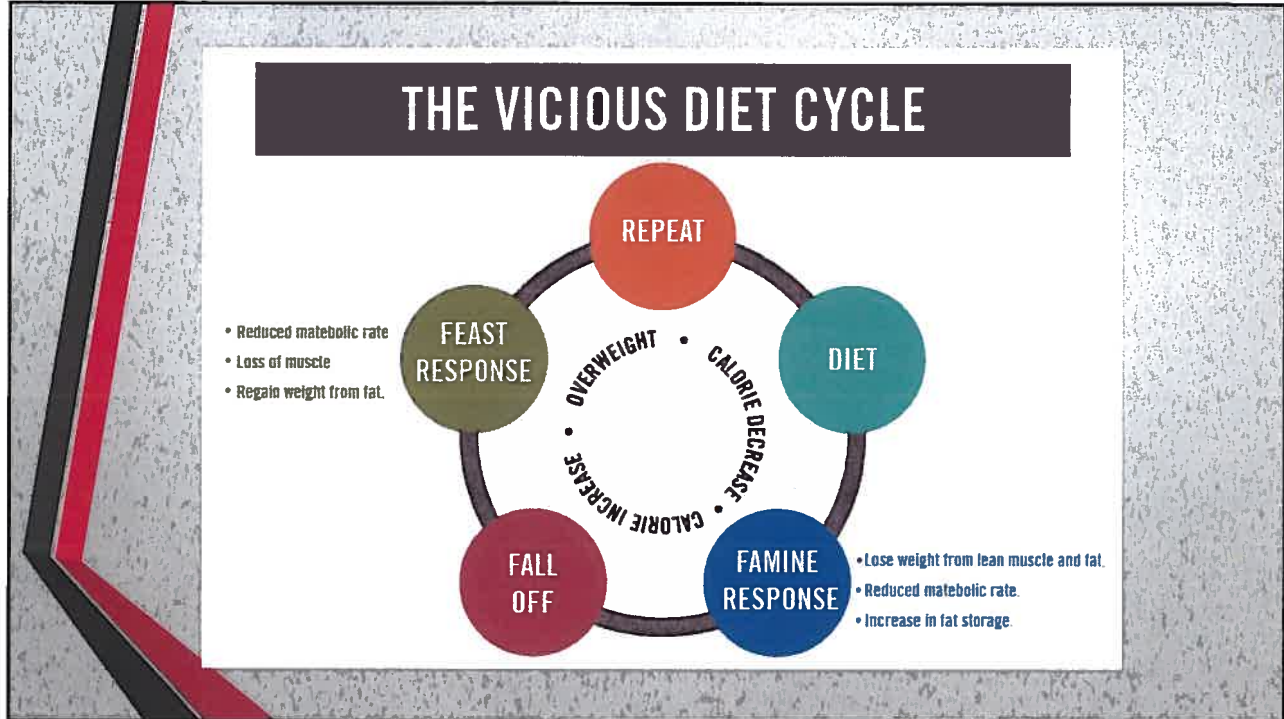
FAD DIET EXAMPLES

- Ketogenic Diet
- Atkins Diet
- Intermittent Fasting
- Whole30
- Paleo Diet
- Blood Type Diet
- Apple Cider Vinegar Diet
- HCG Diet
- Grapefruit Diet
- Cabbage Soup Diet
- Alkaline Diet

- Baby Food Diet
- Raw Food Diet
- Lemonade Diet
- Cleanse/Detox Diets
- Gluten-Free Diet
- Elimination Diet
- Water Diet
- South Beach Diet
- GM Diet
- Smoothie Diet
- Juice Diet

HOW TO SPOT FAD DIETS:

- Look for:
  - Recommendations that promise a quick fix
  - Promises a specific amount of weight loss in a given time period
  - Claims that sound too good to be true
  - Simplistic conclusions drawn from complex studies
  - Recommendations based on only one study
  - Lists of "good" and "bad" foods
  - Recommendations made to help sell a product
  - Recommendations based on studies that ignore differences among individuals or groups
  - Elimination of one or more of the 5 food groups
  - Testimonials from famous people
  - Often recommend expensive products and supplements
  - No attempts are made to permanently change eating behaviors
  - Generally critical and skeptical about the scientific community

---

CAN YOU SPOT THE RED FLAGS?

Mindful Eating

- Making Peace With Food -

HAVE YOU EVER...

- Eaten a meal while driving in the car because your life is too busy to eat otherwise?
- Labeled foods as "good" foods or "bad" foods?
- Felt guilty after eating a food you feel you should not have?
- Snacked on chips while watching TV?
- Continued to eat due to boredom, not hunger?
- Forgot the last time you ate because you had a busy day?
- Tried to follow a specific diet in hopes to manage your weight and/or feel better?

<u>MINDLESS</u> EATING

- **Mindless eating is a lack of awareness of the food you are consuming.**
- It may be contributing to the **national obesity epidemic** as well as other **nutrition-related chronic diseases**.
- A 2011 report from the USDA, found that the average American spends 2 ½ hours a day eating, but more than half of the time, are preoccupied doing something else at the same time.
  - Working, driving, reading, watching TV, on an electronic device, etc

<u>MINDFUL</u> EATING

- **Mindfulness is a mental state that is achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.**
- The concept of mindful eating means being truly attentive to your food
  - By paying more attention to what you eat and how it makes you feel, you may choose foods such as a burger and fries less often than you choose foods such as fruits, vegetables, whole grains, seeds, nuts, and vegetable oils.
- Mindful eating is not just paying attention to your food when you are eating it – it is being fully attentive to food when you buy, prepare serve, and consume it.

KEY CONCEPTS OF <u>MINDFUL</u> EATING

- Use all of your senses when choosing food to eat that both satisfies you and nourishes your body
- Acknowledge your responses to the food you are eating without judgement
  - Likes, dislikes, neutral
- Become aware of your physical hunger and satiety cues, and use them to guide your decisions of when to begin and end eating

MINDFUL EATING STEP-BY-STEP

1. Begin by making a shopping list
2. Come to the table with an appetite, but not starving
3. Start by eating a small portion
4. Appreciate the food you are eating
5. Use all of your senses at each meal
6. Take small bites of your food
7. Chew your food thoroughly
8. Eat your food slowly

LET'S WATCH HOW IT'S DONE –

https://www.youtube.com/watch?v=S4SB8dJmOJk

LET'S PRACTICE –

Fad Diet Red Flags

Fad diets are on the rise, but if these diets are actually working, why is obesity on the rise as well? Unfortunately, there is no quick fix or special diet for weight loss. Fad diets differ from one another, and oftentimes, do result in immediate weight loss, but over time the weight loss stops and the weight is regained. Fad diets offer a temporary solution for weight management because they do not teach lifelong eating habits. Many fad diets deprive your body of nutrients and calories and can lead to feelings of deprivation by eliminating your favorite foods. The only effective way to lose weight is to follow a healthy, well-balanced diet that allows all foods in moderation, encourages variety, and includes physical activity.

How to Spot a Fad Diet – Look For:

- o Diets that promise a quick fix
- o Statements that promise a specific amount of weight loss in a given period of time
- o Claims that sound too good to be true
- o Diets based on only one research study
- o Diets that have lists of "good" and "bad" foods
- o Diets that eliminate one or more of the 5 food groups
- o Testimonials from famous people
- o Diets that recommend consumers buy expensive products and supplements
- o Diets that do not attempt to create permanent eating behavior changes

Created by Delaney Javens, University of Akron Dietetic Coordinated Program Student
University of Akron Nutrition Center, Dietetic Intern

MINDFUL EATING

SLOW DOWN

Put your fork or sandwich down between bites. This is easier when eating in a group, so encourage your family and friends to join you for meals

BE PRESENT

Minimize distractions by putting away electronic devices, not eating while driving or watching TV, and choosing a quiet, comfortable environment for meals

LISTEN TO YOUR BODY

Eat when you're comfortably hungry and stop eating when you are comfortably full don't eat until you feel "stuffed"

DON'T LABEL

It is common to crave foods that we think we shouldn't have. To avoid this, don't label foods as "bad" or "forbidden" as you will only want them more!

BE AWARE

Food cravings can be caused by emotions rather than hunger. If you are stressed or upset, try taking a walk or calling a friend instead of raiding the refrigerator

ENJOY WHAT YOU EAT

Food is not the enemy! Eat with enjoyment, pleasure, and gusto! And remember, all food may be eaten in moderation

*Created by Abby Perkins, Dietetic Intern/Kathy Schupp MA, RD, LD
UA Nutrition Center

THE MINDFUL EATING PLATE

Mindful Eating
www.eatingmindfully.com

Aware
Tasting vs. mindless munching

Savor
Notice the texture, aroma, and flavor. (Is it crunchy, sweet, salty smooth, spicy?)

Observe
Notice your body. rumbling stomach, low energy, stressed out, satisfied, full, empty?

Nonjudgment
Speak mindfully and compassionately. Notice when "shoulds", rigid rules or guilt pop into your mind.

In-the-Moment
Be fully present. Turn off the T.V. Sit down. When you eat, just eat.

Susan Albers PsyD @2014 www.eatingmindfully.com

Mindful Eating

Food is a needed and often enjoyable part of life. However, you may not always eat because you are hungry. You may eat when you are bored, stressed, sad, or simply because you enjoy eating. Understanding **why** you eat is just as important as **what** and **how much** you eat. Learning to eat mindfully will help you avoid extreme hunger and overeating.

Hunger scale

Listen to your body's cues for hunger and fullness. Use the hunger scale to help you learn to **eat when you feel slightly hungry (level 4) and stop when you are satisfied (level 6).** Eating in this zone is known as mindful eating. **Key decision points exist at levels 3 and 7.** Waiting to eat past level 3 puts you at risk for overeating and making poor food choices. Eating beyond level 7 will cause you to feel tired and uncomfortable and may lead to weight gain.

	1	Beyond Hungry	I have no energy. I may feel faint, irritable and eat whatever food is available.
	2	Famished	My energy level is decreasing, and I am preoccupied with hunger.
Key Decision Point	3	Hungry	I have a strong urge to eat.
Mindful Eating Zone	**4**	**Slightly Hungry**	**I am beginning to think about food and feel a light urge to eat.**
	5	**Neutral**	**I have enough energy to perform tasks and feel neither hungry nor full.**
	6	**Satisfied**	**I am aware of the food in my stomach and feel entirely satisfied.**
Key Decision Point	7	Full	I am full to the point that taking any more bites will cause discomfort.
	8	Uncomfortable	I feel uncomfortable. Eating more food will intensify my discomfort.
	9	Stuffed	I feel heavy, tired and bloated.
	10	Beyond Full	I have discomfort and pain. My fullness affects my ability to work and be physically active.

10 tips to avoid extreme hunger and overeating

1. **Think about why you are eating.** Are you eating because you are hungry or are you eating to soothe your emotions or to experience taste?
2. **Use the hunger scale to help you decide when to eat and when to stop eating.**
3. **Wait 20 minutes before eating a second helping or dessert.** This gives your stomach time to tell your brain it is full.
4. **Distract yourself when you want to eat for emotional reasons.** Try one of the 30 tips below.
5. **Set limits for eating when you want to taste food.** Decide on a reasonable portion and enjoy the experience. Realize that the second portion will not taste any better than the first one. You may also decide to take the food to-go and wait to eat it until you are hungry.
6. **Eat breakfast every day.** Eat breakfast at about the same time every day to create a healthy eating pattern and avoid extreme hunger by mid-morning.
7. **Eat every 4 to 5 hours.** Plan for snacks if meals are more than 4 hours apart to avoid extreme hunger. Have healthy snacks on hand in case meals are delayed and to avoid temptation.
8. **Order half-portions at restaurants, ask the waiter to put half your meal in a to-go container, or share an entrée with a friend.**
9. **Drink at least 8 (8-ounce) glasses of water a day.** Drink water with and in between meals. This habit is good for your body and prevents you from confusing thirst with hunger.
10. **Focus on the food you are eating.** Enjoy the food and eat slowly. Do not eat while watching TV, reading, doing homework, or surfing the internet as this may cause you to eat more food than your body needs.

30 things to do instead of eating

1. Drink a glass of water.
2. Go for a walk.
3. Chew gum.
4. Do a puzzle, crossword puzzle, or other mind game.
5. Go to the gym.
6. Read a book.
7. Call a friend or family member.
8. Commit to spending time on a hobby.
9. Clean a room in your house.
10. Make something, such as a craft or crocheted blanket.
11. Listen to music or a podcast.
12. Do your laundry.
13. Play a game on your phone, such as solitaire.
14. Start a garden or pot some plants.
15. Watch a favorite movie or TV show.
16. Walk your dog.
17. Take a nap.
18. Get out of the house, such as go to the park or the mall.
19. Do jumping jacks or run in place to get moving.
20. Use an adult coloring book.
21. Learn a new skill.
22. Plan a family or friend night.
23. Run errands.
24. Paint or draw.
25. Brush your teeth.
26. Go to the library.
27. Read the newspaper.
28. Wash your car.
29. Organize something, such as your closet or a box of photos.
30. Take a class to learn something new.

How to Navigate the Grocery Store:
Be an Informed Consumer

Delaney Javens
The University of Akron
Dietetic Coordinated Program Student

Shopping on a Budget

- Keep a running grocery list
- Plan your menus around sales
- Make use of coupons
- Grow your own
- Cook more often at home
- Do a weekly inventory of your refrigerator
- Buy generic
- Stock up
- Check unit prices or prices per serving
- Use high-nutrition, low-cost foods
- Shop for produce that is local and in season
- Never go shopping on an empty stomach
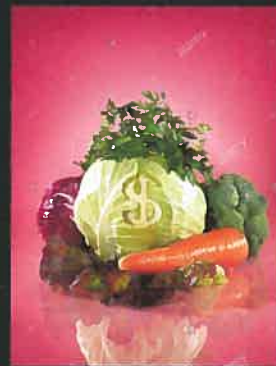
Helpful Tips to Get You Started Making Healthier Choices at the Grocery Store:

- Shop the perimeter of the grocery store; avoid the middle aisles
- Choose low-fat options
- Beware of salt hidden in processed meats
- Opt for skinless meat options
- Choose fresh or frozen vegetables
- Choose fresh or frozen fruits

What Do the Dates on Food Products Mean?

- "Sell-By" : Tells the store how long to display the product for sale for inventory management. This is not a safety date.

- "Use-By" : The last date recommended for the use of the product while at peak quality. It is not a safety date except for when it is used on infant formula.

- "Freeze-By" : Indicates when a product should be frozen to maintain peak quality. This is not a purchase or safety date.

- "Best if Used By/Before" : Indicates when a product will be of best flavor or quality. This is not a purchase or safety date.

Food and Beverage Governing Agencies

- There are 3 main agencies that have a part in overseeing food and beverage labeling:
  - **FDA** – Regulates how most food is processed, packaged, and labeled as well as sets definitions for ingredients and labeling.
    - Exception: Meat, poultry, and egg products
  - **USDA** – Develops labeling guidance as well as inspects and enforces actions for meat, poultry, and egg products. Also manages the production guidance, definitions, and labeling for organic foods.
  - **FTC** – Responsible for regulating and enforcing policy of food advertising, including package claims.

Let's Set the Record Straight

- Oftentimes, companies use certain words or phrases on food and drink products as a marketing technique. However, these words can be misleading as well as completely false.

- **DO NOT** let these misleading terms influence your purchases

- The FDA frequently sends warning letters to companies for making claims about a product's ability to "treat, prevent, or cure diseases" as well as this is not allowed.

Claims Defined by the FDA

- "Fat-Free": Less than 0.5 grams of total fat for a given reference amount

- "Calorie-Free": Less than 5 calories for a given reference amount

- "% Fat-Free": To be labeled as __% fat-free, the product must contain 3 grams or less of total fat for a given reference amount.

- "Cholesterol-Free": Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat for a given reference amount

- "Saturated Fat-Free": Less than 0.5 grams saturated fat and trans fat for a given reference amount

- "Low-Fat": 3 grams or less of total fat for a given reference amount

- "Low-Calorie": No more than 40 calories for a given reference amount

- "Low-Cholesterol": 20 milligrams or less cholesterol and 2 grams or less of saturated fat for a given reference amount

- "Low-Saturated Fat": 1 gram or less of saturated fat for a given reference amount and no more than 15% of calories from saturated fat

Other Regulated Terms

- "Free-Range": This is a regulated and USDA-defined term that indicates the flock was given shelter and had unlimited access to food, fresh water, and the outdoors during their production cycle.
    - *BUT* - The outdoor area may be a fenced in area or covered with netting

- "Cage-Free": This is a regulated and a USDA-defined term that means the flock roamed freely within an enclosed shelter while having unlimited access to food and fresh water during their production cycle.
    - *BUT* - The flock may still be tightly packed into an enclosed area, just without a cage

- "Grass-Fed": This is a regulated term that indicates an animal consumed grass for food the majority of the time.
    - Grains may be provided as supplemental nutrition

- "Gluten-Free": This is a regulated term. Products labeled "gluten-free" must contain less than 20 ppm of gluten.

Loosely Regulated Terms

- "Natural": This is a loosely regulated term that is only recognized by the USDA, meaning it is only aimed at meat, poultry, and egg products. The term "natural" is defined as minimally processed and contain(s) no artificial ingredients.

  - If this term is used on any other food or beverage product, it has no formal definition.

- "No Added Hormones": This term is somewhat regulated as well. The use of hormones in pork and poultry products has always been prohibited.

  - Again, this phrase is undefined if used on any non-pork or non-poultry items.

Unregulated Terms

These terms are unregulated, meaning there is no standard definition or guarantees with these claims:

- "Pasture-Raised"
- "Humanely-Raised"

Genetically Modified (GM) Foods:

- **GM foods** are foods that are derived from organisms whose DNA has been modified in a way that does not naturally occur
    - Most GM crops have been developed to improve yield
    - GM crops can be used to improve the nutrient content of food and decrease its allergenic potential as well

Organic Foods:

- **Organic** crops must be certified to be considered organic. Meaning, they must meet these specific standards:
    - Cannot be grown with synthetic fertilizers, synthetic pesticides, or sewage sludge
    - Cannot be genetically engineered or irradiated
    - Animals must eat organic feed and can't be treated with synthetic hormones or antibiotics
    - Animals must have access to the outdoors and ruminants (hoofed animals) must have access to a pasture
    - Animals cannot be cloned

- If a product meets the above criteria, it will have the USDA organic seal of approval

GM Foods vs. Organic Foods – What's the Deal?

- *Current research shows that there are no negative health consequences associated with the consumption of GM foods.*

- Knowing this, some still do choose organic foods. However, organic foods are of a lot higher cost.

- GM foods are a great way to ensure you are consuming healthy, fresh whole foods that are more budget-friendly.

10 tips
Nutrition
Education Series

MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 Get the best price
Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast
Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk
It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 Buy in season
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics
Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.

8 Cook once...eat all week!
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers
Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Ask for water instead of ordering other beverages, which add to the bill.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov**
for more information.

DG TipSheet No. 16
November 2011
Revised October 2016

ecSI 2.0

Below are statements about your eating. Think about each one, then choose the best response for you.

A = Always   O = Often   S = Sometimes   R = Rarely   N = Never

	A	**O**	**S**	**R**	**N**
1. I am relaxed about eating.	□	□	□	□	□
2. I am comfortable about eating enough.	□	□	□	□	□
3. I have regular meals.	□	□	□	□	□
4. I feel it is okay to eat food that I like.	□	□	□	□	□
5. I experiment with new food and learn to like it.	□	□	□	□	□
6. If the situation demands, I can "make do" by eating food I don't much care for.	□	□	□	□	□
7. I eat a wide variety of foods.	□	□	□	□	□
8. I am comfortable with my enjoyment of food and eating.	□	□	□	□	□
9. I trust myself to eat enough for me.	□	□	□	□	□
10. I eat as much as I am hungry for.	□	□	□	□	□
11. I tune in to food and pay attention to eating.	□	□	□	□	□
12. I make time to eat.	□	□	□	□	□
13. I eat until I feel satisfied.	□	□	□	□	□
14. I enjoy food and eating.	□	□	□	□	□
15. I consider what is good for me when I eat.	□	□	□	□	□
16. I plan for feeding myself.	□	□	□	□	□

Scoring and Interpretation of the
ecSatter Inventory 2.0

Factor descriptions

Eating attitude: Is positive about eating and about food.
Food acceptance skills: Is comfortable with preferred foods and has skills for learning to like unfamiliar foods
Internal regulation skills: Depends on internal regulators of hunger and appetite as well as feelings of fullness and satisfaction to determine how much to eat.
Contextual skills: Makes meals a priority and has skills and resources for managing food.

Items arranged by factors

Eating attitude
1. I am relaxed about eating.
2. I am comfortable about eating enough.
4. I feel it is okay to eat food that I like
8. I am comfortable with my enjoyment of food and eating.
14. I enjoy food and eating.

Food acceptance
5. I experiment with new food and learn to like it.
6. If the situation demands, I can "make do" by eating food I don't much care for.
7. I eat a wide variety of foods.

Food regulation
9. I trust myself to eat enough for me.
10. I eat as much as I am hungry for.
13. I eat until I feel satisfied

Contextual skills
3. I have regular meals.
11. I tune in to food and pay attention to eating.
12. I make time to eat.
15. I consider what is good for me when I eat.
16. I plan for feeding myself.

Factor analysis and scoring

All items are scored on a Likert scale and assigned values as following:
Always=3; Often =2; Sometimes=1, Rarely=0; Never=0.
Total the scores for each subsection and total the scores overall for the entire test.

Interpretation of scores

- Eating competence: 1 to 48. Cutoff is 32 and above.
- Eating Attitudes: 1 to 15 No cutoff assigned.
- Contextual Skills: 1 to 15 No cutoff assigned.
- Food Acceptance: 1 to 9 No cutoff assigned.
- Food Regulation: 1 to 9 No cutoff assigned.

While cutoffs have not been established for each of the subscales, you can draw general impressions. For clinical identification of Eating Competence problem areas, consider scores that are disproportionately low in each of the subscales to identify particular problems in that area.