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Eating With Intuition

Recently I had the privilege of attending a professional workshop given by the guru of intuitive eating, Evelyn Tribole, MS, RD and Elyse Resch, MS, RD. What is intuitive eating you might ask? It is a process that encourages a healthy relationship with food and your body. You learn to get in touch with your natural hunger and satiety cues, nourish your emotions without turning to food, exercise for pure enjoyment (not calorie expenditure), and trust that your body will give you all the information you need to best take care of it.

Wonder if any intuitive eaters actually exist? Think of this: children are natural intuitive eaters. They cry when they are hungry and someone rushes to feed them. They will push the bottle away when they are full. You cannot get them to eat one more bite once they are satiated. We were all born with the inclination to eat with intuition. As we age, we get away from this. We eat when the bell rings at school because it is our only chance. We learn to soothe ourselves with food. We use food as distraction, celebration, or company.

How can you get back to eating with intuition? Ponder these three core concepts:

- ✳ **Food does NOT equal morality.** You are not a better person when you eat only “healthy” foods. Likewise you are not being “bad” when you eat fun foods (or what society calls “junk food”).
- ✳ **YOU are the expert of your own body.** Only you know how *you* feel, what *you* think, and what *your* body ultimately needs. No one else knows your body like you. Not even your dietitian!

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Favorite Food

Everyone always asks me “So, what does a dietitian eat?” I love bagels but often find myself hungry again an hour later despite the hundreds of calories I have ingested. Well, Western Bagel Company has created the Cinnamon Spice Alternative Bagel. It’s soft, tasty, and contains only 110 calories (without any cream cheese). It is fat-free but contains a whopping 7 grams of fiber and 6 grams of protein! I like to top it with a little all-natural peanut butter. This combo keeps my energy up all morning long...Look for these bagels at your local grocery store.

College Corner: Squeeze Health Into Your Day



How do you squeeze health into your day?

Email your tips and ideas to:
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Here are some tips for squeezing well-balanced nutrition and good-for-you fitness into your busy and hectic days:

Always carry a water bottle with you. You are more likely to sip on it throughout the day, staying well-hydrated. This can help combat fatigue and the munchies. Spice it up with a citrus wedge, a few sprigs of mint, or a few slices of cucumber.

If you drink more than 2-3 cups of caffeinated beverages daily, consider cutting back. Replace 1 cup coffee/tea/soda with 1 cup water. Too much caffeine can actually sap your energy stores, leaving you more tired than before (but unable to sleep well once your head hits the pillow). Caffeinated beverages are often a vehicle for calories. Consider calorie-rich sodas or the amount of cream and sugar in your tea or coffee.

Replace some of the added sugars in your diet. Added sugars = added calories. Switch to Splenda instead of sugar in your coffee and tea or use less sugar than usual. Change to sugar-free jams and jellies. Look for low-sugar varieties of your favorite items including cereal, flavored yogurts, and snack foods. Save the real sweet treats for special occasions when nothing else will satisfy.

[More Details on page 2](#)

Eating with Intuition continued...

✱ **It is about HONOR and RESPECT.** Intuitive eating allows you to *honor* your hunger by eating. It encourages you to *honor* your fullness by stopping when you are comfortably satisfied. You learn to *respect* your current here-and-now body and health.



While the intuitive eating process can be a lengthy one of self-discovery and self-trust, ultimately the freedom you receive from dieting, self-doubt, and deprivation is well-worth the time and effort. With intuitive eating there are no mistakes, only learning experiences and development of personal expertise.

If you are interested in learning more about intuitive eating, email me or check out the book, [Intuitive Eating: A Revolutionary Program that Works](#), 2nd ed., by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD, FADA, © 2003. It is a great read!

And as one of the authors wrote in my book, “May eating be one of the pleasures of your life!”

Squeeze Health Into Your Day continued...

Keep healthy snacks on hand. Whole grain crackers, whole grain granola bars, dried fruit, nuts, and oatmeal are shelf-stable snacks that will last in your backpack, beach bag, purse, or gym bag--they are ready to eat when you are!

Do some planning. Think of your week’s schedule, decide what meals you will need to prepare, and stock-up at the store. This will make healthy eating a lot easier. Also, consider keeping frozen veggies on hand, pre-sliced or pre-washed fruit in the fridge, pre-cooked grains, canned beans, tomato sauces, etc in the pantry—these items can be used to prepare meals the “speed-scratch” way. Whenever possible, cook big and freeze some for another busy, hectic day.

Pack your lunch the night before. This is something I HATE doing but am always glad I did. It cuts down on the need to run to the vending machine or drive-through when I need a quick bite.

Fit in exercise whenever you can. 5 minutes here, 10 minutes there really adds up. Don’t think so? Track your steps with a pedometer and notice the difference fitting in movement makes.

Get others to walk with you. Grab those around you and get walking. Your friends, fellow classmates, and family members will appreciate the movement too and you’ll burn a few more calories while revving up your energy levels.

Maximize your breaks...during work, during commercials, between classes. Take advantage of these little breaks to march in place, do some stretching or sit-ups, or jog around campus. Once again, all movement counts!

Don’t forget to prioritize sleep! Sleep is important to restoring your body and maintaining your energy levels so you can get more done in your day. Make sure you get enough of it!

Food Fact or Fiction?

Q: Do carbs cause weight gain?

A: This is a question I hear all of the time! Often, it is not *what* we eat but *how much...*and *how we prepare it* that makes the difference! Carbohydrates, or carbs, are the preferred fuel source of the body. Make your carbs count! Choose high nutrient carbs with low caloric price tags. Good-for-you carbs include fruits, starchy vegetables, beans, low-fat dairy, and whole grain foods such as, whole wheat bread, corn tortillas, old-fashioned oatmeal, brown rice, and whole wheat pasta, just to name a few. The New Food Guide Pyramid recommends 2 cups of fruit, 2 1/2 cups vegetables, 3 cups of dairy, and a minimum of 6 ounces of grains daily. Do not be afraid to enjoy these tasty, nutritious powerhouses!



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