

HEALTHY LIVING NUTRITION PROGRAM



MODULE 4:

MINDFUL EATING AND HOW SLEEP AFFECTS NUTRITION



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WHAT YOU WILL LEARN IN MODULE 4

At the end of this module, you will be able to:

- Describe the diet cycle
- Identify ways to break the diet cycle
- Define mindful eating
- Use strategies to practice mindful eating
- Describe the hunger scale
- Explain the difference between physical and emotional hunger/stress eating
- Identify ways for managing food cravings
- Understand how sleep and nutrition are related
- Describe ways to improve sleep quality
- Create a food, mood and sleep diary, and use it to identify and reflect on how your sleep, mood and food choices are related

A) The Diet Cycle



How many times do you think you have been on a diet?

.....

Has it worked in the long term?

.....

The Diet Cycle

The diet cycle is a trap that many people get caught in after repeated attempts at 'dieting' or restricting food intake to lose weight.





Video 1: The Diet Cycle

Scan the QR code below to find some information on why doesn't work and how to break out of the diet cycle

<https://www.islhd.health.nsw.gov.au/module-4-answers-and-videos>



B) Mindful Eating

? First take a moment to reflect

Do you ever skip meals?

.....

Do you ever get food cravings?

.....

Do you ever think about or notice your hunger?

.....

What is Mindfulness?

Mindfulness is about focusing on the present moment. Being aware of and accepting your feelings, thoughts and bodily sensations.

Mindfulness explores your bodies messages, you:

- (1) Become aware of physical sensations - pain, hunger, fatigue,, thirst
- (2) Become aware of thoughts in the present moment
- (3) Become aware of your feelings in the present moment



What is Mindful Eating?

Mindful eating uses the act of mindfulness, or being present, to help overcome eating problems in our busy lives.

It is about removing distractions and paying attention to our food.

The goal is to shift our focus from external thinking about food, to exploring and enjoying the eating experience.



Take a moment to think....

When was the last time you truly paid attention to what you were eating - when you truly savoured the experience of food? Often we eat on autopilot, chowing down on a meal while our attention is on the TV or the screen of our devices or a book or daydreaming

Mindless vs Mindful Eating

We want to try and move away from eating without care and appreciation for our food and have a more mindful approach when eating. This can look like:

Instead of this:

Eating past full and ignoring your bodies signals



Listen to your body and stop when feeling full

Eating when you feel sad, bored, lonely etc.



Eat when your stomach is starting to growl

Eating at random times and places



Eat at set times and places

Eating poor quality foods for comfort



Eating foods that are nutritionally healthy, will nourish your body and make you feel good

Eating while doing other tasks, e.g., watching TV



Remove distraction and focus completely on eating

Eating a meal without any thought or appreciation



Considering where your food comes from and its role in the body



Video 2/Activity 1: Mindful Eating Meditation



For this activity you will need a piece of food

Grab bite sized piece of your favourite food and follow along to this short meditation to practice some techniques of mindful eating

Scan the QR code below to access the [Mindful Eating Meditation Video](https://www.islhd.health.nsw.gov.au/module-4-answers-and-videos)

<https://www.islhd.health.nsw.gov.au/module-4-answers-and-videos>



C) Exploring our Hunger Signals

What is Hunger?

Hunger is an uncomfortable or painful feeling we get when we don't eat enough food.

The Hunger Scale

The hunger level scale can help you to think about how hungry you really are and decide whether your desire to eat comes from real hunger or other reasons.

The Hunger Scale



Video 3: The Hunger Scale

Scan the QR code below to access the video and find out more information on the Hunger Scale

<https://www.islhd.health.nsw.gov.au/module-4-answers-and-videos>



Physical vs Emotional Hunger

Physical hunger is your bodies signals telling you that you are hungry and you need to eat. It is gradual and is tied to the last time you ate.

Emotional hunger is when we eat based on how we feel, rather than what your body needs. It can be triggered by things such as stress, worry or fatigue.

We want to try and eat when we are experiencing physical hunger, rather than emotional hunger.

The table below can help you in identifying if you are experiencing true physical hunger, or emotional hunger/stress eating.



Physical Hunger

Increases gradually

Open to eating a variety of foods

Can wait for food ('I need to have something soon')

A response to your body's definite need (i.e., rumbling stomach)

A deliberate choice eaten with awareness

Sense of satisfaction after eating

No guilt



Emotional Hunger/ Stress Eating

Makes a sudden appearance

You want a certain type of food

Want food now, sense of urgency and panic

In response to feeling, e.g. upset, bored, tired, stressed etc.

Impulsive choice, eaten quickly. You may not even taste the food

You still want more, or a different type of food, e.g. sweet after salty

Lots of guilt and promises about next time

Tips on How to Eat Mindfully



Eat small amounts of food every 2-3 hours



Before eating, ask yourself, Are you hungry? Are you thirsty?



Set a nice place to eat



Be present



Put utensils down between mouthfuls

The Hunger Scale

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

Check in with your hunger signals



Stop eating just before you feel full



Enjoy your meal – if you don't enjoy eating you will never be satisfied



Activity 2: How Will You Practice Mindful Eating?

Recall the information above. On the lines below, write down 3 things that you could use to practice mindful eating over the week.

1. _____

2. _____

3. _____

Dealing with Food Cravings

Tips for managing food cravings:

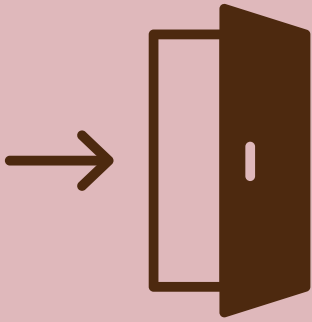
- Do not let yourself get ravenously hungry - try and stay between 3-6 on the hunger scale
- Don't skip meals - eat 3 balanced meals a day
- Avoid restrictive diets
- Eat nutrient dense foods that will fill you up - choose plenty of fresh food and limit highly processed foods
- Manage stress
- Get enough sleep
- Stay active
- Find the underlying cause of your cravings - is it stress, sadness, anger?
- Accept food cravings as a normal part of living
- Don't get upset if you slip up
- Look at cravings as suggestions to eat, not commands to overindulge
- Believe that cravings will pass, cravings are not actual hunger
- Separate eating from other activities. This will remove the ability of other activities to stimulate eating and allows you to respond to the actual feeling of hunger
- Allow yourself to enjoy small portions of your favourite foods - if a food craving does not leave in 15 minutes, then a small occasional food may be ok

Learning to resist the cravings:



Delay = surf the urge

wait 10-15 minutes and then check if your still having the urge



Escape = get away from the provoking situation

Do you sit in the kitchen area - move away from the open living/kitchen space

Food ads on tv - change channel

Focus your mind on something else - lessen the urge



Accept = urges are normal and they will pass

There will be another meal/snack to enjoy at a better time



Dispute = urges have come and gone before, you can do it again

If an urge has not passed, it's often because you are still exposed to the stimulus that caused the urge.



Substitute = substitute the thought with something more beneficial

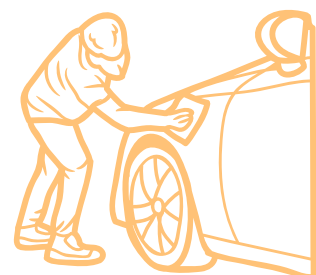
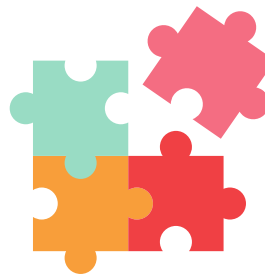
Take a walk, read, listen to music, draw, do a jigsaw etc.

OR

Substitute the unhealthy food choice with something that will nourish your body, e.g., yoghurt and berries, 1 piece of fruit, 1 slice of raisin toast

Things to do other than eating:

- Drink a glass of water
- Go for a walk
- Do a jigsaw, crossword puzzle or other mind game
- Go to the gym
- Read a book
- Call a friend or family member
- Spend some time on a hobby
- Clean a room in the house
- Make something, such as a craft or crocheting
- Listen to music or a podcast
- Do your laundry
- Play a game on your phone, such a solitaire
- Watch a favourite movie or TV show
- Walk your dog
- Take a nap
- Get out of the house, such a going to the park
- Do some jumping jacks or run in place to get moving
- Do some colouring in
- Learn a new skill
- Plan a friend or family night
- Run some errands
- Paint or draw
- Go to the library
- Wash your car
- Organise something, such as your closet or a box of photos





Activity 3: Dealing with Food Cravings

Thinking about the information above on managing food cravings and learning to resist cravings, on the lines below, write 3 strategies you could put in place to help you deal with your food cravings.

1. _____

2. _____

3. _____



D) How Sleep Affects Nutrition

How Sleep Relates to Poorer Nutrition Choices

Not getting enough sleep or having poor sleep quality can lead to making poorer nutrition choices.

What we eat and when we eat can impact on our sleep quality and duration.



Video 4: Nutrition and Sleep

Scan the QR code below to access the video on how nutrition and sleep and related

<https://www.islhd.health.nsw.gov.au/module-4-answers-and-videos>



How to Improve Sleep Quality



Don't eat too late – be sure to give your body time to digest after eating large meals. Try having dinner earlier in the evening.



Avoid caffeine – be aware of stimulants like coffee, energy drinks and soft drink. If you do consume these, try and limit them to early in the day.



Move your body – schedule regular exercise to improve your sleep. While any movement during the daytime is beneficial, aim to get regular, moderate exercise a few times a week. Try and avoid working out too close to bedtime, giving your body a couple of hours to wind down before bed.



Get natural light – try exercising outdoors, as exposure to natural light during the day can help keep your body in sync with its natural sleep rhythms.



Activity 4: Food, Mood and Sleep Diary

Complete a food, mood and sleep diary.

For 3 days write down what you eat, what you are feeling before each meal and how many hours of sleep you got the night before.

Keep track of:

- the time you ate
- what foods you ate
- how much you ate
- how full you were
- how you felt before the meal or snack

Below is an example of how to fill out the diary. The full template can be found at the end of this booklet on pages 25-27

Time	Food Eaten	Amount Eaten	Fullness	Mood	Activity	Sleep 7 hours, woke up once for 1/2 hour
8-8:20am	Cornflakes, with full cream milk	1/2 cup cornflakes 1 cup milk	6	Tired	Watching TV	
9am	Water	1 glass	6			
10-10:30am	Takeaway coffee (latte, 1 sugar)	1 large	5	Stressed	Driving	
12-12:10pm	Sandwich with tuna and salad. Multigrain bread, with butter	2 slices bread, 1 can tuna, 1 cup mixed salad	6	Hungry	Working on computer	
3-3:10pm	2 subway choc chip cookies	2 cookies	7	Stressed	Working on computer	
5-5:20pm	Banana	1 medium	6	Bored	Driving	
6:30-7pm	Steak, chips and roast veggies	200g steak, 1 handful chips, 1 cup veggies	8	Neutral	Watching TV	
9pm	Dark chocolate	4 squares	7	Bored	Watching TV	

E) MULTIPLE CHOICE QUIZ

Congratulations on finishing this module!

To test your knowledge on what you have learnt from Module 4, answer the following multiple-choice questions. Colour in the circle next to the answer you believe is most correct.

Once you are finished, compare your answers to the answers on the Health Living Nutrition Program website by scanning the QR code below.

Good luck!



<https://www.islhd.health.nsw.gov.au/module-4-ansv>

1. Which of the following IS NOT an example of eating 'Mindfully'?

- a) Listening to your body's hunger signals
- b) Eating when your stomach starts to growl
- c) Eating at random times and places
- d) Considering where your food has come from
- e) Removing distractions and focusing on eating

2. Which of these IS NOT a sign of physical hunger ?

- a) Open to a variety of foods
- b) Makes a sudden appearance
- c) In response to your stomach rumbling
- d) Feeling of satisfaction after eating

3. Which of these IS NOT a way of resisting cravings?

- a) Delaying
- b) Eating
- c) Accepting
- d) Disputing
- e) Substituting

I) HELPFUL RESOURCES

Scan the QR codes below to access additional information about each topic covered in this module.

A) The Diet Cycle

The Dieting Cycle (Queensland Health):



http://www.health.qld.gov.au/__data/assets/pdf_file/0030/154983/wtmgt_dietingcycle.pdf

C) Exploring Your Hunger Signals

Hunger Level Scale (Queensland Health):



http://www.health.qld.gov.au/__data/assets/pdf_file/0019/152812/wtmgt_hungerscale.pdf

D) How Sleep Affects Nutrition

Importance of sleep for a healthy lifestyle (Queensland Health):



http://www.health.qld.gov.au/__data/assets/pdf_file/0028/145738/wtmgt_sleep.pdf

Day 1

Time <i>Record start and end time of meal or snack</i>	Food Eaten <i>Write down each type of food/drink. Be specific. Write extras, such as toppings, sauces, condiments, e.g., butter, tomato sauce, sugar</i>	Amount Eaten <i>Record the amount of food/drink</i>	Fullness <i>Record how full you feel after eating on a scale from 1 to 10, with 1 being starving and 10 being so full you feel sick</i>	Mood <i>e.g., neutral, excited, happy, tense, bored, sad, angry, rushed, tired, stressed etc.</i>	Activity <i>e.g., reading, watching TV, cooking, driving, talking on the phone</i>	Hours of sleep the night before <i>Record how many hours of sleep you had the night before. Did you wake any times in the night?</i>

Day 3

Time <i>Record start and end time of meal or snack</i>	Food Eaten <i>Write down each type of food/drink. Be specific. Write extras, such as toppings, sauces, condiments, e.g., butter, tomato sauce, sugar</i>	Amount Eaten <i>Record the amount of food/drink</i>	Fullness <i>Record how full you feel after eating on a scale from 1 to 10 with 1 being starving and 10 being so full you feel sick</i>	Mood <i>e.g., neutral, excited, happy, tense, bored, sad, angry, rushed, tired, stressed etc.</i>	Activity <i>e.g., reading, watching TV, cooking, driving, talking on the phone</i>	Hours of sleep the night before <i>Record how many hours of sleep you had the night before. Did you wake any times in the night?</i>