

## **Citations Supporting Mindful Eating Strategies:**

---

### **Hunger/Satiety Assessment (Body Signal Portion Control)**

- Brownell, Kelly D., Ph.D., Director of the Yale Center for Eating and Weight Disorders

"Eating slowly and taking smaller bites is not a new concept, but it can be difficult to do. We are a nation on the run; people rarely linger over meals, and eating large portions fast has become a real problem.

"We know from research that when you eat more slowly, the natural satiety response can be triggered and you can feel full sooner and therefore eat less. People often tell us that when they slow their rate of eating they tend to be satisfied with less food. The pleasure from eating can stay high because a person is savoring the food.

Eating at hyper-speed has become a part of American culture - yet few approaches have connected the dots between America's speed eating and its over-eating. A recent study from Japan has connected eating more slowly with eating less. Specifically, the Japanese study of nearly 1,700 young women found that eating slowly results in feeling fuller sooner, which translates to eating less.

"The satiety response tells our brains we are full, before we take in those extra calories that we do not need. Too many Americans never give their body a chance to send that signal. By eating more slowly, the natural signal can come through and help us eat what we truly need."

- Mellin, Laurel, MA, RD, author of The Solution: 6 Winning Ways to Permanent Weight Loss, HarperCollins, 1997.

"... obeying these internal cues of hunger and satisfaction is the most accurate way to determine how much you should eat." [p 274]

"Eating when you are hungry and stopping when you are just satisfied, waiting ten minutes and noticing whether or not you are full, is the easiest way to keep our energy high while we gradually lose weight. [p. 27]

“If you obey these signs of hunger, eating when you are hungry and stopping when you are just satisfied, not full, your weight will decrease slowly and well.” [p. 270]

“...wait ten minutes [after sensing food satisfaction] and you will feel full.” [p. 278]

“You’ll revel in the ease of it [eating according to your hunger signals]. No more counting servings, scrutinizing fat grams or fretting about portion size. Just as your ancestors did for eons, you will trust your body and yourself.” [p. 27]

- Tribole, Evelyn, MS, RD & Elyse Resch, MS, RD, authors of Intuitive Eating: A Recovery Book for the Chronic Dieter, St. Martins Press, 1995.

“Principle 5: Feel Your Fullness. Listen for the body signals that tell you are no longer hungry. Observe the signs that show you’re comfortably full. Pause in the middle of eating and ask yourself how the food tastes, and what your current fullness level is.” [p. 123]

“The ability to recognize comfortable satiety or fullness can ultimately determine how much food will be consumed in a meal. [p. 131]

- Rolls, Barbara, PhD, and Robert A. Barnett, authors of The Volumetrics Weight Control Plan, HarperCollins, 2000.

“In the end it all boils down to one piece of advice: Listen to your body. It’s easy to ignore or override satiety signals. We all do at times. Sometimes you may even decide to do so. That’s fine. But the more attuned to how satiated you are becoming as you eat a meal or snack, the easier it will be to eat just enough food for your body. [p. 280]

“Here are some tips for becoming more sensitive to satiety: At the beginning of a meal ask yourself, “Am I hungry?” You may want to rate your hunger on a scale of 1 to 10, 1 being painfully ravenous and 10 being so full you couldn’t eat another bite. As you eat periodically pause and ask yourself again, “Am I still hungry?” If your rating has reached 5, it may be time to stop eating.” [p. 279]

“Satisfying hunger is only half the battle—you also have to stop eating when you’re no longer hungry!” [p. 280]

- Roth, Geneen, Breaking Free From Compulsive Eating, Signet, 1984.

“Pay attention to what feels like “enough” to you...Each time you eat, rate yourself on a hunger scale of 1 to 10. And when you finish eating, rate yourself again.” [p. 65]

“Listen for the small quiet voice that says “I’ve had enough.” The difference between hunger and enoughness can be, and often is, a bite or maybe two. If you are quiet enough and not directing your attention elsewhere you can hear the bodily transition to satisfaction. When you’ve had enough it’s as if a door latches, something clicks.

- Waterhouse, Debra, MPH, RD, author of Outsmarting the Female Fat Cell, Warner Books, 1993.

“First you start listening to your hunger signals to eat when you are hungry. Then as your body awareness grows, you start listening to your fullness signals to stop eating when comfortable.”[p. 101]

[Note: Waterhouse instructs readers to identify their hunger/fullness on a scale like the Powerseed’s running from 1 (starving) to 10 (stuffed).]

- Strauss, Steven C., MD, author of The Body Signal Secret, Rodale Press, 1991.

“Conscious eating means you’re continuously asking the question: “Am I still hungry?” If the answer remains yes, keep on eating. When the answer becomes no, you’ve hit the point of satisfaction. It’s time to stop. [p. 228]

- Ulene, Art, MD, author of Lose Weight with Dr. Art Ulene”, Ulysses Press, 1995.

“With food still on the plate, these people [who lost and kept it off] make a deliberate decision about whether to stop eating or to continue.” [p. 79]

- Hansen, Vicki, MSW and Shawn Goodman, authors of The Seven Secrets of Slim People, Hay House, 1997.

“Secret #3: Eat only when you are physically hungry.” [p. 23]

“Secret #5: Stop eating when you are satisfied, not full.” [p. 101]

## **Mindful Eating (Eating with Awareness)**

- Tribole, Evelyn, MS, RD & Elyse Resch, MS, RD, authors of Intuitive Eating: A Recovery Book for the Chronic Dieter, St. Martins Press, 1995.

“Conscious Eating. The initial step away from the blind autopilot eating mode is *conscious eating*. It’s a phase where you neutrally observe your eating as if under a microscope. [p. 126]

“When you race through your meals, you don’t give yourself the opportunity to experience the sensual aspects of your food. You don’t have time to appreciate the attractiveness of the different colors and shapes of the food. You can barely take in the aromas or feel their textures on your tongue and teeth—let alone savor their taste.” [p. 142]

“pay attention to eating as slowly as you can. Remember that your taste buds are on your tongue, not in your stomach. Gobbling your food takes away your chance to really taste it. [p. 142]

“...by letting yourself enjoy and appreciate eating, you will actually reduce the amount of food you need to feel satisfied when biologically hungry.” [p. 149]

- Roth, Geneen, Breaking Free From Compulsive Eating, Signet, 1984.

“But if compulsion [to eat] is marked by an absence of self, awareness is marked by the steady, unobtrusive presence of self. And it is precisely this difference that changes the entire nature of compulsive behavior. When you are watching what you are doing, you simply will not behave in the same way as when you are not watching (i.e., judging yourself, numbing yourself). Awareness works at the root level of compulsion by defusing the momentum of your actions. [p. 159]

- Ornish, Dean, MD, author of Eat More, Weigh Less, Harper Collins, 1993.

“The [Ornish] Life Choice program is more than just a diet, it’s a new way of eating with awareness.... When you eat with awareness...you enjoy food more fully, you notice how food affects you and you are less likely to overeat, you begin to become more aware of other aspects of your inner life, including your emotional and spiritual sides.” [p. 70]

“When people eat together in an unhurried fashion, they receive nourishment and sustenance for their souls, not just food for their bodies.” [p. 63]

- Rolls, Barbara, PhD, and Robert A. Barnett, authors of The Volumetrics Weight Control Plan, HarperCollins, 2000.

“Mindfulness. You don’t have to feel deprived, bored, anxious, depressed, or joyful to eat too much. You can just stop paying attention. Awareness—including memory—is a surprisingly significant influence on eating behavior. [p. 272]

“It’s easy to overeat when you aren’t paying attention.” [p. 280]

“Savor your food. Pay attention to the pleasure you get from the first bite, and continue to pay attention as you become more full and as each bite become a little less pleasurable. [p. 273]

- Strauss, Steven C., MD, author of The Body Signal Secret, Rodale Press, 1991.

“When you stay conscious of what you are eating, you are able to gain control, and that control will allow you to eat just the right amount.” [p. 229]

“Chewing. As bizarre as this topic sounds, the only way [until Powerseed!] to fully master your Satisfaction Signals is to practice that most elusive of skills—chewing! ... I fully believe that chewing is the most critical skill an Overeater must master. The only way to know how much to eat is to eat slowly enough to be conscious of what your body is telling you.” [p. 228]

- Ulene, Art, MD, author of Lose Weight with Dr. Art Ulene”, Ulysses Press, 1995.

“Slow your eating. Monitor yourself as you chew more slowly; put your fork down between bites; allow 30 seconds to elapse between bites.” [p. 54]

“Paying attention to your food will help you find more pleasure in it—and eat less.” [p. 54]

“Though certainly conscious of eating, we are usually not actively attentive to the process. We let our minds drift or become preoccupied with other issues. We miss much of the sensory pleasure that food has to offer. We also lose track of how much food we are eating. As a result, we eat more than we really need or want.” [p. 276]

[Those who lost and kept it off] “...elevate eating to conscious level, paying active attention to such things as the appearance, taste, smell and consistency of their food.” [p. 79]

- Waterhouse, Debra, MPH, RD, author of Outsmarting the Female Fat Cell, Warner Books, 1993.

“If you eat as if you were competing for the world speed record, most likely you are overeating. When you eat quickly your taste buds are not satisfied.” [p. 92]

- Hansen, Vicki, MSW and Shawn Goodman, authors of The Seven Secrets of Slim People, Hay House, 1997.

“Secret #4: Eat with awareness, and without judgement.” [p. 75]

## **Mindfulness Through Meditation/Yoga**

- Ornish, Dean, MD, author of Eat More, Weigh Less, Harper Collins, 1993.

“Meditation is the art of paying attention. One way to develop your ability to give your undivided attention to you are doing is to practice meditating.” [p. 71]

“Meditation is a powerful tool for increasing awareness.... When you rush through meals, you are likely to rush through life. When you feel nourished by food, you may allow yourself to feel nourished in other ways.... In this context then, meditation not only enhances the experience of eating, eating with awareness *becomes* a form of meditation.” [p. 73]

“Meditation, which seems to some people like “doing nothing,” is one of the most difficult—and one of the easiest—forms of self discipline. When you meditate, you practice learning how to restrain and to control your mind.” [p. 74]

“When you meditate, a number of desirable things begin to happen.

- First, you increase your powers of concentration...
- Second, meditation increases your awareness of what is going on around you...
- Third, meditation increases your awareness of what is going on inside of you...
- Fourth, your mind becomes quieter when you meditate...
- Fifth, meditation can give you a clearer picture of yourself...” [p. 74]

- Rolls, Barbara, PhD, and Robert A. Barnett, authors of The Volumetrics Weight Control Plan, HarperCollins, 2000.

“Learn stress management. Many people overeat in response to stress. But if you are eating in response to stress, it’s easy to override satiety signals. That’s why it’s so important to learn how to calm down first, before you react by overeating. Deep breathing, progressive muscle relaxation, and meditation are all effective.” [p. 37]

“If you’re anxious, try relaxation techniques such as deep breathing, or take a yoga class.” [p. 271]

- Ulene, Art, MD, author of Lose Weight with Dr. Art Ulene”, Ulysses Press, 1995.

“Use a relaxation technique to calm your mind and body before you eat anything.” [p. 55]

## **Mindful Interventions – Cravings/Emotional Eating**

- Mellin, Laurel, MA, RD, author of The Solution: 6 Winning Ways to Permanent Weight Loss, HarperCollins, 1997.

“If you are hungry between meals, wait fifteen minutes and see if you are still hungry. The desire for food might have been triggered by thinking about food when you are bored or upset.” [p. 272]

- Rolls, Barbara, PhD, and Robert A. Barnett, authors of The Volumetrics Weight Control Plan, HarperCollins, 2000.

“If you eat in response to emotion (boredom, anxiety, depression, happiness), identify the emotion that is triggering eating—and then find an appropriate nonfood way to handle the feeling.” [p. 280]

- Ulene, Art, MD, author of Lose Weight with Dr. Art Ulene, Ulysses Press, 1995.

“Try to distinguish between physiological hunger and cravings that have an emotional cause.” [p. 55]

### **Self-monitoring**

Ulene, Art, MD, author of Lose Weight with Dr. Art Ulene, Ulysses Press, 1995.

“Review and evaluate your accomplishments at the end of every day.” [p. 54]

### **Do genetics trump the possibility of lifestyle change?**

- Mellin, Laurel, MA, RD, author of The Solution: 6 Winning Ways to Permanent Weight Loss, HarperCollins, 1997.

“How much weight do genes carry? Although the media portray the genetic influence on weight as a guarantee of perpetual weight problems, science says differently. The influence of genetic factors varies from individual to individual and researchers who study such factors—Claude Bouchard, F. Xavier Pi-Sunyer and Albert J. Stunkard—conclude that *at most* 5 to 25% of one’s weight can be attributed solely to genetics.... It is clear that weight is not immutable.” [p. 95]

“If being overweight is primarily genetic, how could it increase 31 percent nationally in ten years?” .... Indeed, steep inclines in obesity compel us to look at lifestyle factors—not genetic predisposition—as a primary cause.” [p. 95]

### **Importance of Lifestyle Change vs. Weight Loss/Dieting**

- Ulene, Art, MD, author of Lose Weight with Dr. Art Ulene”, Ulysses Press, 1995.

“But let’s stop thinking just about weight loss...focus instead on your overall good health...think of it as taking care of yourself. If you do take care of yourself, the weight loss will take care of itself.” [p. 79]