

Index for Printing Student Binder Covers, Handouts, and Recipes

Binder Cover	For Individual Student Binders	2
<hr/>		
Handouts		
Handout 1:	Intuitive Eating for Recovery	3–4
Handout 2:	Goal Setting Log	5
Handout 3:	Goal Setting Worksheet—Added Sugar in Food	6
Handout 4:	Goal Setting Worksheet—Beverages	7
Handout 5:	Goal Setting Worksheet—Fruit	8
Handout 6:	Goal Setting Worksheet—Whole Grains	9
Handout 7:	Goal Setting Worksheet—Vegetables	10
Handout 8:	Goal Setting Worksheet—Meat and Beans	11
Handout 9:	www.MyPyramid.gov	12
Handout 10:	Meal Planning for Satisfaction and Health	13–14
Handout 11:	Nutritional Information for Fast Food Restaurants	15
Handout 12:	The Scoop on Added Sugars	16–17
Handout 13:	Strategies to Decrease Added Sugar	18
Handout 14:	Added Sugar—Yogurt Reflection Activity	19
Handout 15:	Added Sugar in Sweetened Yogurts	20
Handout 16:	Whole Grain Power	21–22
Handout 17:	Strategies for Eating More Whole Grains	23
Handout 18:	Carbohydrate Planning for Meals and Snacks	24
Handout 19:	Guide to Fruits and Vegetables	25
Handout 20:	Strategies for Enjoying More Fruits and Vegetables	26
Handout 21:	Protein Foods—Meats and Beans	27–28
Handout 22:	All About Fats	29–30
Handout 23:	Intentional Meal Timing	31–32
Handout 24:	Snack Scavenger Hunt	33
Handout 25:	Snacks for Better Health and Satisfaction	34
Handout 26:	Wellness Strategies for Nutritional Holiday Meals	35
Handout 27:	Nutritional Assertiveness	36
Handout 28:	Strategies for Dining Out with Wellness	37
<hr/>		
Recipes		
Recipe 1:	Orange Juice Spritzer	38
Recipe 2:	Yogurt Parfait	39
Recipe 3:	Tuna and Broccoli Pita Pocket	40
Recipe 4:	Heart-Warming Chili	41
Recipe 5:	Ginger Tofu Stir Fry	42
Recipe 6:	One-Pot Pasta Dinner	43
Recipe 7:	Three Bean Salad	44
Recipe 8:	Salsa, Hummus, and Black Bean Dip	45
Recipe 9:	American Chop Suey	46
<hr/>		
Resource List	Healthy Eating, Activity, and Weight Management	47

Food Education Student Handbook

Name _____



Alison Books, MS, RD, LDN
Sargent College of Health and Rehabilitation Sciences, Center for Fitness & Nutrition

In collaboration with staff and students of the Division of Recovery Services at the
Center for Psychiatric Rehabilitation

Boston University Nutrition & Fitness Center
Boston University Center for Psychiatric Rehabilitation





Philosophy

The philosophy of a non-diet, intuitive approach to eating is to stop the unpleasant cycle of dieting, short-term weight loss, extreme hunger, feelings of deprivation, overeating, rebound weight gain, guilt, and return to dieting. Intuitive eating is a wellness tool that supports our health.

Why Diets Don't Work

Most diets are designed to help every person, no matter what his or her nutrition needs are, achieve significant, immediate, weight loss. This often results in a calorie level that is unreasonably low and unsustainable. In addition, food preferences and lifestyle demands are not a consideration.

Should I Be Hungry?

Biological hunger is a powerful drive and, if allowed to become excessive, eventually will lead to overeating of calorie-dense foods. Intuitive eaters recognize their hunger before it becomes excessive and eat a balanced meal or snack.

What About Emotional Hunger?

How does a baby signal biological hunger? The baby cries. We feed the baby. As we grow and develop, we “cry” for other reasons including fear, anxiety, anger, loneliness, boredom, stress, fatigue, and even happiness. Food is only a temporary answer. Intuitive eaters learn to recognize the difference and find ways to “feed” their emotional hunger.

Countless Other Types of Eating

Intuitive eaters possess strategies to avoid overeating that has nothing to do with physical hunger, such as:

- Sensory eating in response to foods that look, smell, or taste good
- Habitual/ritual eating in response to meal times or special occasions
- Social eating in response to peer/family pressure
- Convenience eating in response to limited choices
- Opportunistic eating in response to candy dishes, free food, stocked cupboards
- Value eating in response to the best deal (but is it?)
- Clean plate club eating in response to guilt over waste



Food Discrimination

Many of us learn to view food as “good” (which ironically means tasteless and unenjoyable) or “bad” (again, ironically, meaning delicious and satisfying). Foods have a lot of qualities, but they are not morally good or bad. Intuitive eaters learn to discern the qualities in *all* foods that provide pleasure, such as taste, texture, aroma, appearance, volume, etc. They recognize the characteristics that they need food to provide and savor their food choices. Food discrimination is based on these qualities rather than a notion of “good” or “bad.”

Forbidden Foods

Given all of the tempting foods available at all hours of the day, dieters often attempt to abide by unreasonable standards. This results in an all or nothing approach. Making the best choice that you can make at each eating occasion is reasonable. Perfection is not.

Feeling Full

Many of us are taught to completely finish the portion of food offered regardless of how full we feel. On the other hand, dieters may try to use self-control or “willpower” to stop eating before they are satisfied. Intuitive eaters learn to eat when hungry, stop when full, and plan to eat again when hunger returns.

Be Kind to Yourself

Friends treat each other with kindness and respect. Friends focus on each other’s strengths, forgive each other’s weaknesses, and encourage each other to stay on track. Intuitive eaters learn that they must be kind and encouraging to themselves. Focusing on reasonable food and activity goals rather than weight loss is the best recipe for success.

Every Step Counts

Every step we take increases our fitness and requires energy. Energy requires food! Intuitive eaters find simple ways to restore lost activity into their daily routine in addition to pursuing activities they love.

Balanced Nutrition Is Essential for Health and Wellness

Intuitive eaters recognize the importance of balanced nutrition. Each food group provides protective nutrients that nourish our bodies, satisfy our appetites, and most importantly, position us to continue to make balanced choices. A combination of healthy foods, delicious flavors, and satisfying treats is essential for lifelong intuitive eating.

Adapted from:

Koenig, Karen R. (2005). *The Rules of “Normal” Eating*. Carlsbad, CA: Gurze Books.

Orbach, Susie. (2002). *Susie Orbach on Eating*. London, England: Penguin Books.

Tribole, Evelyn & Resch, Elyse. (2003). *Intuitive Eating*. NY: St. Martin’s Press.

What would you like to learn from Food Education?

- 1.
- 2.
- 3.

Goals (specific, realistic, measurable)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Remember

- Be kind to yourself!
- Everyone here has taken at least one action: Attend class! Give yourself credit!
- If you haven't made any changes yet, think about what you would like to work on and when you are ready, start there.
- **Any change you make will benefit you. Small steps = Success!**