

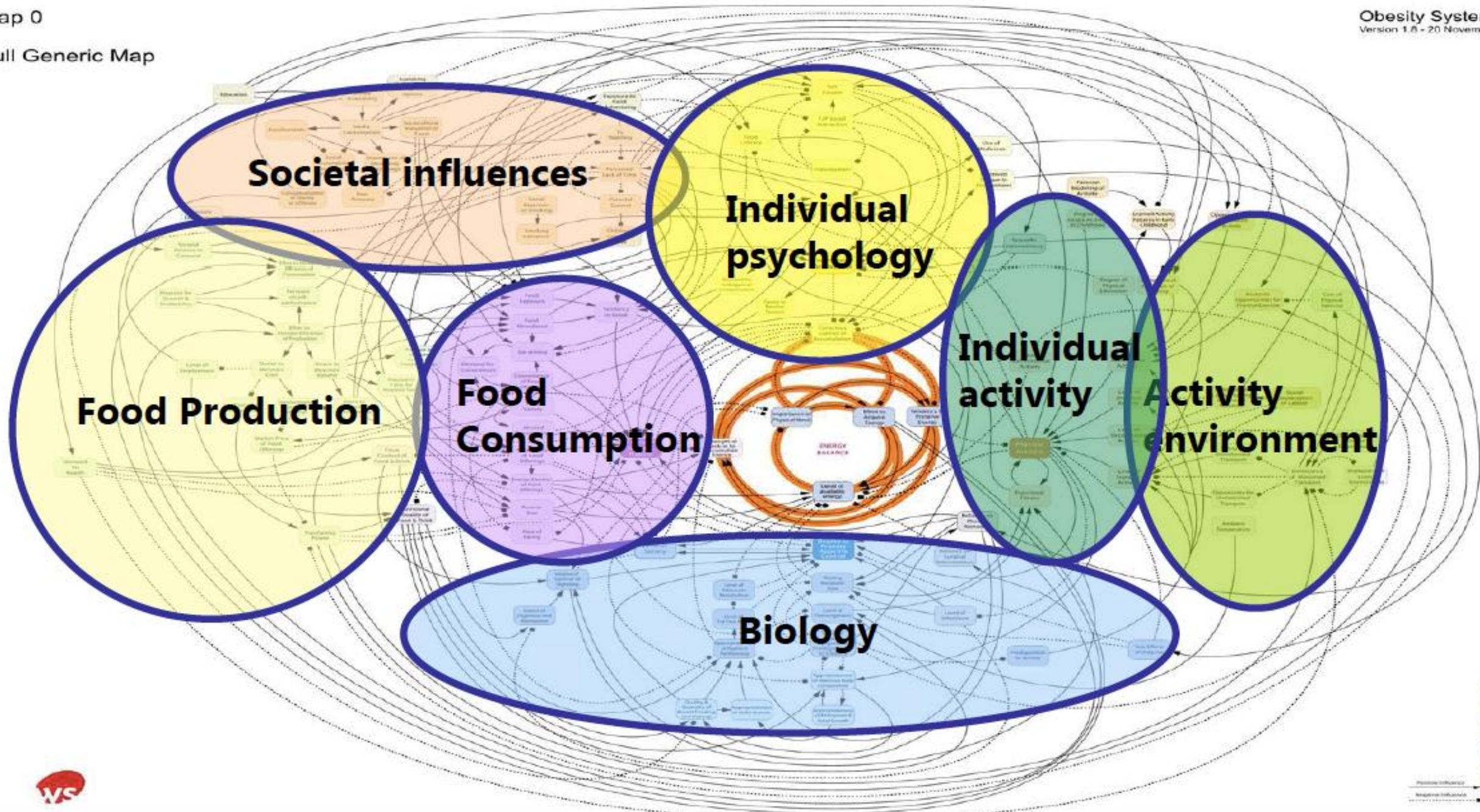
Managing Food Choices Thinking Outside the Box

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Have you heard this?

- ▶ What is a healthy weight?
- ▶ How much should I weigh?
- ▶ How can I lose the weight the fastest?
- ▶ 10%?? That's it? Maybe to start, but I want to lose more...
- ▶ I am doing everything you said, but it isn't working
- ▶ I need to lose 100 lbs to get my hip surgery
- ▶ But that girl on TV lost 160 lbs in 4 months, why can't I?



Top nutrition related behaviours for calorie reduction

- ▶ Limit drinks with calories
- ▶ Limit high fat foods and added fats
- ▶ Limit eating out
- ▶ Limit sweets “extra’s
- ▶ Record what you eat and drink

Additional health behaviours to consider:

- ▶ Stress management
- ▶ Time management
- ▶ Sleep habits
- ▶ Relationship with food



The way we eat

- ▶ Our ENVIRONMENT can cause “impaired eating”
 - ▶ Hectic lifestyles demand reliance on foods of convenience
 - ▶ Food is everywhere
 - ▶ Portion distortion
 - ▶ Too many choices
 - ▶ We love a deal
 - ▶ Food is big business



Hectic Lifestyles



- ▶ Fast food culture
- ▶ Eating healthy costs on average 67 minutes a day in time
 - ▶ Not including meal prep, cooking, cleaning up
 - ▶ Average 37-51 min/day spent in food prep cleanup
 - ▶ An additional 23.5 minutes were spent eating while doing something else (meal prep/clean up, grooming)
 - ▶ Grocery shopping, meal planning, meal prep, eating mindfully all take time
- ▶ People run out of steam

Hectic Lifestyles

Strategies:

- ▶ Time management
- ▶ Organizational skills
 - ▶ Regular grocery shopping
 - ▶ Emergency food shelf
 - ▶ Quick, simple meal/snack ideas
- ▶ Time saving tricks
 - ▶ Appliances (slow cookers)
 - ▶ Pre cut/washed vegetables
 - ▶ Frozen/canned products



Food is Everywhere



Food is Everywhere

Strategies:

- ▶ Regular meals and snacks to help with satiety
- ▶ Divorcing habits
 - ▶ Going to the grocery store hungry/without a list
 - ▶ Change routines - make coffee/breakfast at home to avoid drive thru's
 - ▶ Take different routes to avoid driving past favorite take out restaurants
 - ▶ Have easy to grab snacks on hand to reduce temptation
 - ▶ Limit purchasing "trigger foods"

Portion Distortion

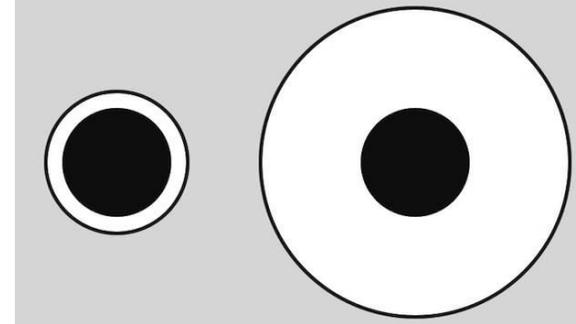
- ▶ Larger portions can lead to increased calorie intake and body weight
- ▶ Portion size of food cues how much we eat regardless of hunger
- ▶ Distortion is reinforced through food packaging, dinnerware and serving utensils



Portion Distortion

Strategies:

- ▶ Build awareness of portion sizes
- ▶ Restaurant portions
- ▶ Reduce energy density of foods by adding more vegetables to entrée, swapping high energy dense foods out
- ▶ Get rid of oversized dinnerware
- ▶ Healthy Plate
- ▶ Mindful eating



Journaling

- ▶ Great self monitoring tool that can help with portion distortion
- ▶ Simple or complex
- ▶ Can learn a lot about behaviours:
 - ▶ barriers
 - ▶ Ability to self monitor
 - ▶ Social environment
 - ▶ Feelings or emotions
 - ▶ Rating scales for pain, mood, energy

Self - Monitoring tools:

- ▶ Food scales
- ▶ Measuring cups/spoons
- ▶ Journal (pen and paper)
- ▶ Phone applications or online journals
- ▶ Pedometers

Points to remember when working with patients

- ▶ No one size fits all approach
- ▶ Realistic and sustainable strategies
- ▶ Address root cause and readiness
- ▶ Identify barriers and support
- ▶ Lifestyle intervention
 - ▶ Nutrition
 - ▶ Physical Activity
 - ▶ Behaviour modification and self monitoring
- ▶ Need to change routines, avoid past behaviors and constantly swim against the current

Take home messages

- ▶ Help support behavior change
 - ▶ Readiness
 - ▶ Self monitoring
- ▶ Help support healthy eating
 - ▶ Know your portions
 - ▶ Environmental influences
 - ▶ Time/stress management strategies
 - ▶ Divorcing old habits
 - ▶ Going back to the basics



