



# Too good to be true?

- Rapid weight loss
- Limitations/Eliminations
- Specific food combinations
- Specific timing
- Rigid menus

# Diet Pattern #1: Restrict calories

## Male

Age	Sedentary	Moderately Active	Active
21-30	2,400 calories	2,700 calories	3,000 calories
31-40	2,400 calories	2,600 calories	2,900 calories
41-50	2,200 calories	2,400 calories	2,800 calories
51-60	2,200 calories	2,400 calories	2,700 calories
61-70	2,000 calories	2,200 calories	2,600 calories

## Female

Age	Sedentary	Moderately Active	Active
21-30	1,900 calories	2,100 calories	2,400 calories
31-40	1,800 calories	2,000 calories	2,200 calories
41-50	1,800 calories	2,000 calories	2,200 calories
51-60	1,600 calories	1,800 calories	2,200 calories
61-70	1,600 calories	1,800 calories	2,000 calories

# Diet Pattern #2: Eliminate carbohydrates

Classification	Amount	2,000 calories	1,500 calories
Very low	21-70 g/day	4-14%	6-19%
Moderately low	30-40%	150-200 g/day	113-149 g/day
Moderate	40-65%	200-325 g/day	150-245 g/day
High	>65%	>325 g/day	>245 g/day

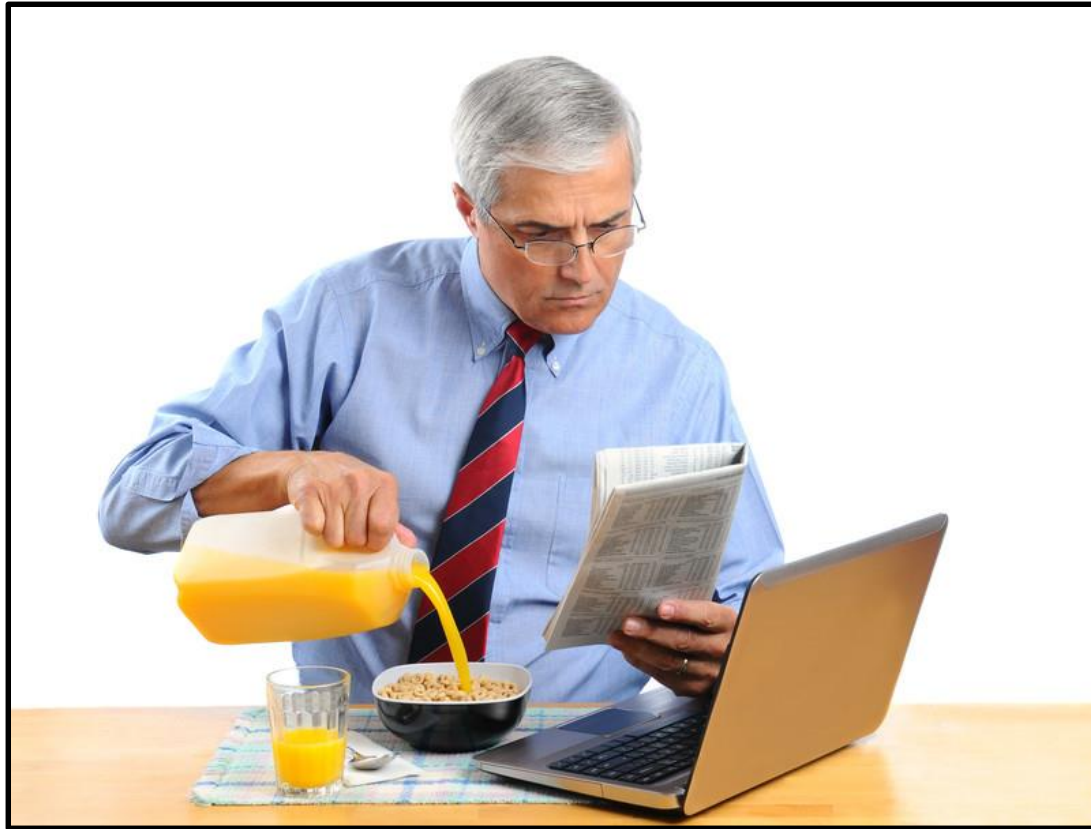
Simple	Complex
Fruits	Whole grains
Dairy	Starchy and Non-Starchy Vegetables
Added sugars	Beans, nuts, seeds

Fiber
Fruits and vegetables
Whole grains
Beans, nuts, seeds

**Make mindful eating your go-to  
nutrition strategy.**



**Mindless eating is not paying attention to what or how much you are eating.**



**ONE** *on* **ONE**

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- **Environment**
- **Accessibility**
- **Awareness**
- **Emotional Eating**
- **Addiction**
- **Relaxation/Boredom**
- **Low Energy**



**Mindful eating is being aware of the food you are eating and eating for the right reasons.**



**ONE** *on* **ONE**

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# Mindful eating strategies before you eat:

- Use a food journal
- Pray before you eat
- Develop a reminder system
- Do the apple test
- Do the scale test
- Create a well-defined endpoint at every meal

# Mindful eating strategies while eating:

- Eat without distractions
- Chew slowly, take your time, taste every bite
- After your endpoint, wait 15 minutes, then check your fullness level before getting seconds

# Mindful eating strategies at a restaurant:

- Go hungry, but not too hungry
- Eat half your meal
- Decide on a healthy modification before the meal starts
- Have a plan

# Mindful eating strategies at a social event:

- Have a plan
- Put your food on a plate to avoid grazing
- Use a small plate
- Fill your plate with fruits and vegetables
- Plan how you will consume discretionary calories
- Do the scale test

# Practice mindful eating and stop at 80% full.

## 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 growling.	Pretty hungry, stomach is beginning to growl.	Beginning to feel hungry.	Satisfied, niether hungry nor full.	Slightly full/ pleasantly full.	Slightly uncomfortable.	Feeling Stuffed.	Very uncomfortable, stomach aches.	So full you feel sick.

← **AVOID** → ✓ ✓ ✓ ✓ ← **AVOID** →

