

Making Healthy Habits Stick

Food Foundations

WEEK 4



What we are going to cover

Food re-introductions

Where do cravings come from?

The neuroscience of behavior change

Principles of intuitive eating



The elimination diet has been an
opportunity to 'reset'

Recommend a minimum for 4-6 weeks on the
elimination diet before reintroducing foods

It's time to test how eliminated foods interact
with your body

Re-introduce ONE new food at a time

Start with gluten **OR** dairy **OR** sugar **OR** alcohol

Which do you miss the most? How do you normally eat it?

Introducing multiple foods at once makes it confusing to track

For ex: pizza probably isn't the best choice for testing
gluten and dairy separately

Re-introduction strategy

Day 1	Reintroduce food (have it 1-3 times per day)
Day 2-3	Return to elimination diet
Day 4	Re-introduce a new food ** <i>(only if you're feeling good. You might need more time to let this clear from your system)</i>

Approach this like a scientific experiment

Track your symptoms



Digestion / Bowel



Joint + Muscles



Headaches
and Migraines



Cognitive
health



Skin health



Energy levels



Cravings



Sleep

If you feel worse ...

- Negative effects may be more pronounced now
- Investigate / back track with your food diary
- May have surpassed your body's threshold
- Option to try different amounts and forms of that specific food





No Negative Effects?

- Can be dose dependent - one slice of bread vs. the entire loaf
- Does it belong in every day?
- Set your own threshold / limit of what it means to be healthy
 - “Fun foods” v “fuel foods”

Internationally sources may be less reactive than those from the US

Sugar, dairy, salt, fat & gluten fire up pleasure centers in our brain

Is your craving ...

- **Physical** - a physical need for sugar or carbohydrates
- **Emotional** - is food being used as an outlet for unchecked emotions?
- **Behavioral** - is there a habit that needs to be re-written?

These three realms of food cravings can affect one another but identifying the main area will help you create proactive solutions

Physical cravings can be related to

- Food sensitivities
- Meal frequency
- Imbalanced diet
 - Too many carbs or salt
 - Too little fat or protein
 - Not enough vegetables!!
- Nutrient balance - esp chromium, vanadium, magnesium, zinc
- Bacterial imbalance, candida overgrowth
- Hormonal fluctuations - ex: PMS
- Neurotransmitter or adrenal imbalances



We have two types of hunger: physical and emotional

How can you truly nourish yourself, beyond food?

- If you're feeling LONELY, is there something that can make you feel more CONNECTED?
- If you're feeling STRESSED, is there something that can help you feel more RELAXED? (bubble bath, walk, going into nature)

What activities help you spark joy?

You may also experience cravings if you have created a ritual or habit around certain foods.

The brain is constantly changing.

We have the power to re-write the behaviors that no longer serve us.

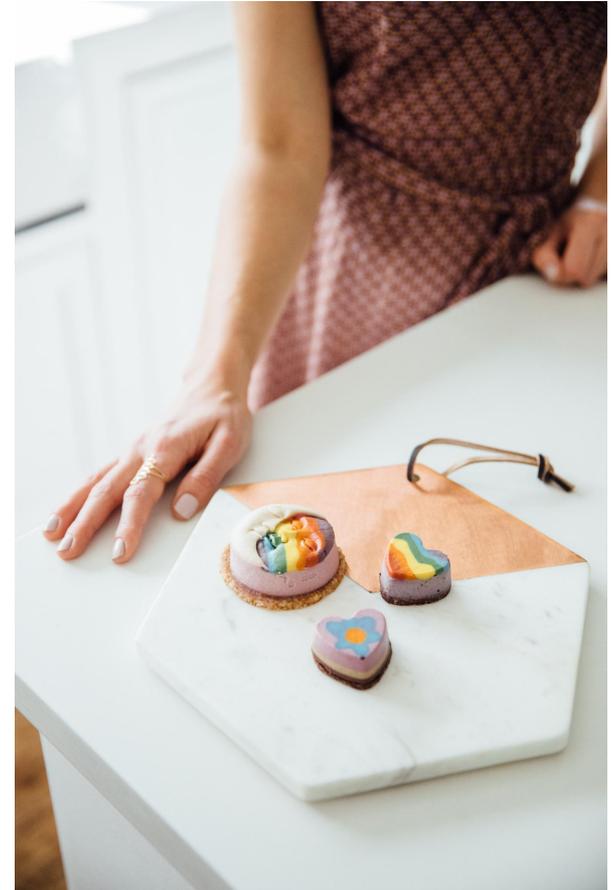


Our brains can change

- Neural pathways are created based on habits and behaviors
- The more a behavior is performed, the more connections are made and the messages that travel along these neurons become stronger and automatic
 - Reading
 - Riding a bike
 - Driving

Developing new pathways

1. Give your focused attention
 - Encourage your brain to think in new ways
2. Practice, practice, practice!
 - It takes ~10,000 repetitions to master a new skill
 - *Replace* the habit
 - Creating a positive environment is essential
3. Think through triggering situations and plan your response
 - Create an “If / Then” list



Creating If / Then Scenarios

- Identify specific triggers and create a response to overcome them
- Focus on avoiding the behavior will only put more attention there
 - For ex: “not snacking on junk food’ - you will just end up thinking about the junk food
- Be as specific as you can ...
 - “If I go into a supermarket, then I will avoid the cereal / candy aisle”
 - “If I go to a potluck, then I will avoid the chips and munch on veggies and hummus instead”
 - “If I’m hungry at work, then I will snack on an apple or trail mix”

How can we find the balance
between foods that help the
body thrive with foods that
are also fun to eat?

Intuitive eating is a way of eating
that helps you honor your body's:

Hunger and satiety signals

Signals of pain, discomfort and imbalance

You set your own threshold

Sit down to eat

Enjoy the tastes, textures and flavors of your food

Aim for at least 20 minutes to eat

Eat every 3-4 hours to prevent hanger and overeating

Know your worth is so much more than weight or body image



Understand where your cravings can be coming from

- Physical
- Emotional
- Behavioral

Start asking yourself the questions -
your intuition and understanding will
strengthen over time



If your motives are true, ENJOY EVERY BITE

Release the food guilt

Taste the flavors and textures of your food

Take your time to eat (with a fork & knife ... off a plate!)

No mindless munching - eating out of the bag or in
front of the TV

Thinking of the diet as 'all or nothing' feels really depriving

What role do XXX foods have in your life?

What balance between staying 'on plan' and enjoying indulgences make this feel sustainable?

Goal is to find a way of eating that makes your body feel good
... but that also feels do-able



Set your own limits and goals

What are you willing to tolerate?

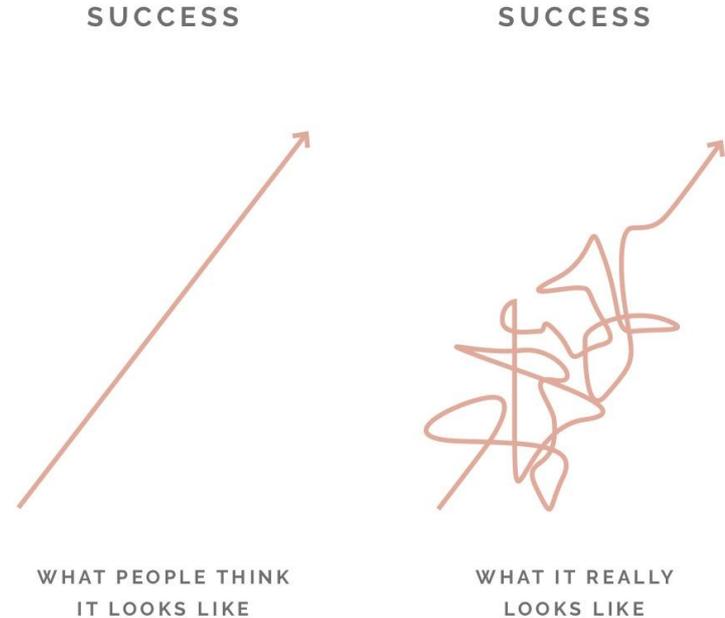
What is your ideal relationship with
your body and food?

Nutrition and health is such an individual process

We are all navigating our own journeys and stories

The health journey is never linear

- About the process, not the destination
- Lens through which we can learn about ourselves
- How can you use 'setbacks' as an opportunity for growth?



Action Steps

- Are you ready for your food re-introductions?
 - Retake the Medical Symptom Questionnaire
 - Has your score changed? In which ways?
 - Use your food reintroduction guide and food / symptom tracker
- Which food framework and guidelines have been working well?
- Where are you still struggling?
 - Make an If / Then list
 - Invoking Joy worksheet

