

Mindful Eating & Living

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At the end of the presentation attendees will be able to:

1. Discuss the principles of mindful eating.
2. Describe how mindful eating can be applied to the renal diet.
3. Discuss ways to live mindfully and barriers to practicing mindful behaviors.



24 years old (2002)


Started studying this topic in 2002 out of the need to survive.

Used mindfulness to:

- -Lose 100 lbs and keep it off for a decade.
 - -reverse prediabetes, HTN, high lipid profile
- -keratoconus
- -severe concussion and subsequent fibromyalgia

“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgementally.”

-Jon Kabat-Zinn

A close-up photograph of a vibrant green leaf with a single water droplet hanging from its tip, set against a soft, out-of-focus blue background. The leaf's veins are clearly visible, and the droplet is perfectly spherical, reflecting light. The background is a gradient of light blue, creating a serene and natural atmosphere.

We often do not take the time to
use our senses to experience life.

Benefits of Mindfulness Practice

- Decrease severity of anxiety
- Decrease symptoms of depression
- Help relieve pain
- Help cope with chronic illness
- Improve emotional regulation

Principles of Mindful Eating

1. Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.
 - Hunger?
 - Satiety?
 - Foreign concepts for a lot of people.

Prompts to Eat

- Time of day
- Sight of food
- Other people eating
- Location
- Habit
- Loneliness
- Negative or positive emotions
- Boredom
- Last and often least- physical hunger

Emotional Hunger vs. Physical Hunger

- Comes on suddenly
- Must be satisfied instantly
- Crave specific comfort foods
- Eat quickly, usually in private

- You are not satisfied
- You have feelings of shame, guilt, or powerlessness after eating

- Comes on gradually
- Your needs can wait
- A variety of foods sounds good
- Take your time, often with good company

- You can stop eating when you are full
- After eating you do not feel bad about yourself

Emotional Eating

- Eating in response to negative emotions or stress.
- It's an attempt to take care of yourself – need to replace with other coping mechanisms.
- Like a fur coat that takes time to adjust to taking off.
- “Compulsive eating is a way we leave ourselves when life gets hard.” (Geneen Roth)

Mindless Eating

How often do you find yourself eating because...

- you are performing a certain activity?
 - (movies, TV, reading, etc.)
- you are with certain people?
- it is a certain time of day?
- In a particular location
 - in the car?
 - on the couch?
 - at the computer?



Am I hungry?

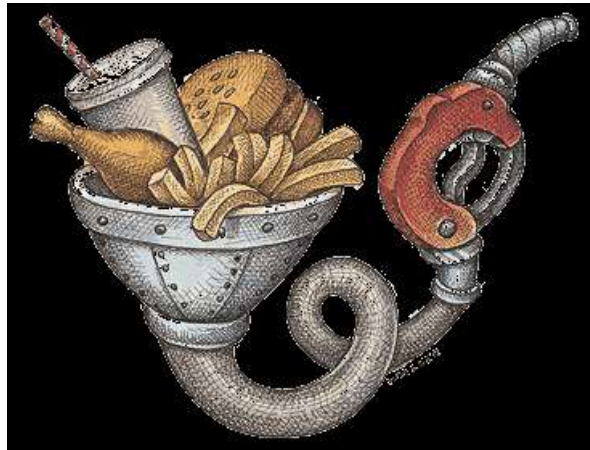
I am hungry.
Am I hungry?

If I am not, what am I?

Why? _____

What do I need or want to do about it?

Listen to Your Body's Wisdom



2nd Principle of ME:

Use all senses to choose to eat food that is both satisfying to you and nourish your body.

- Pay to how your body feels when and after you eat.
- Food vs. Edible

3rd Principle of Mindful Eating

Acknowledge responses to food (likes, dislikes or neutral) without judgment.

- Without judgement?
- How much of your patient's language is about judgement?
- How much of yours?

Renal Diet

Typical daily allotment:

- Potassium <2000mg
- Phosphorus <1000mg
- Sodium <2000mg
- Fluid Restriction per MD order – 1500 mL/day common
- Identify foods your patient would like to include on a regular basis that may not be “allowed”.
 - Dairy products, high potassium fruits and vegetables, peanut butter, chocolate
 - No judgement

Be Mindful of Portion Sizes



1 piece of fruit = 130mg K+



4 small pieces = 250mg K+



1 cup chili w/ beans = 935mg K+,
400mg Phos

Mindful Living – Healthy Habits

- Eating/Hydration
- Rest/Downtime – reduce screen time
- Good sleep habits
- Exercise mindfully
- Yoga
- Meditation/Prayer
- Oral health/flossing
- Reduce clutter



Barriers to Practicing Healthy Habits

Non-compliant patients often have:

- Depression, anxiety - often afraid to seek treatment
- Pain
- Fatigue
- Food insecurity, financial issues
- Time management issues
- Failure to put themselves first often enough – find balance

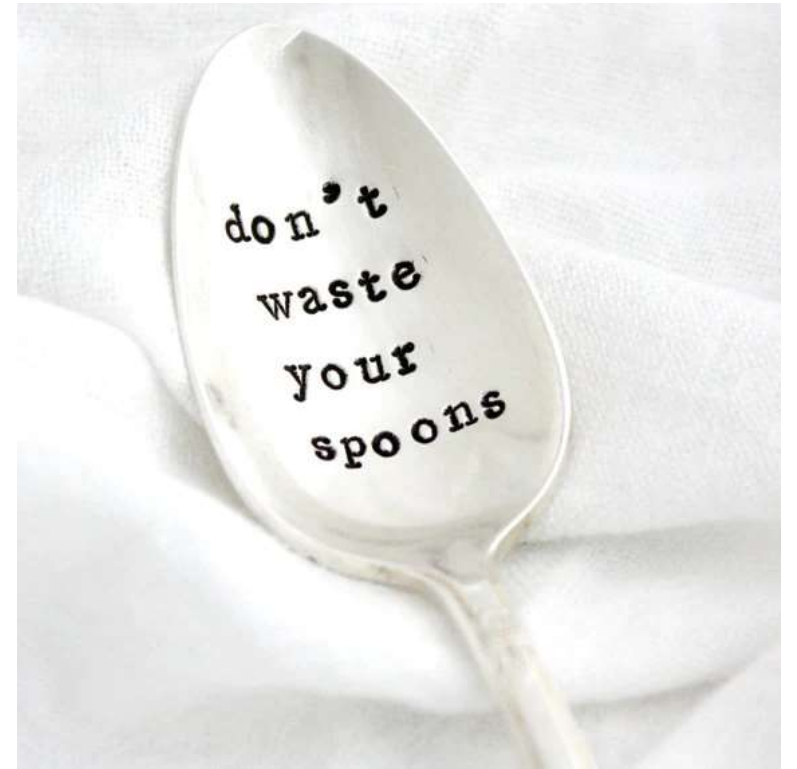
Broken Record

- Negative self-talk made practicing mindfulness difficult.
- Be nicer to yourself on purpose today- start rewiring your brain (neuroplasticity).
- Music helped me change my own negative broken record.



Spoon Theory

- How much energy do I have today?
 - How many spoons do I have?
- Anything I can do to replenish spoons?
 - Same activity may deplete one day but replenish the next.
- What do I feel needs to get done?
 - Work, chores, exercise, shower
- Is there anything I can move to another day?
 - Common to overcommit.
- Save spoons for healthy habits.



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References/Recommended Reading

- The Center for Mindful Eating found at www.tcme.org – find handouts, blogs, recordings, trainings, meditations
- Any work by Lynn Rossey, Susan Albers, Brene Brown, Megrette Fletcher, Michelle May, Geneen Roth
- Intuitive Eating: A Revolutionary Plan that Works by Tribole & Resch
- The Power of Now by Eckart Tolle
- Full Catastrophe Living by Jon Kabat-Zinn
- Switch on Your Brain: The Key to Peak Happiness, Thinking and Health by Caroline Leaf