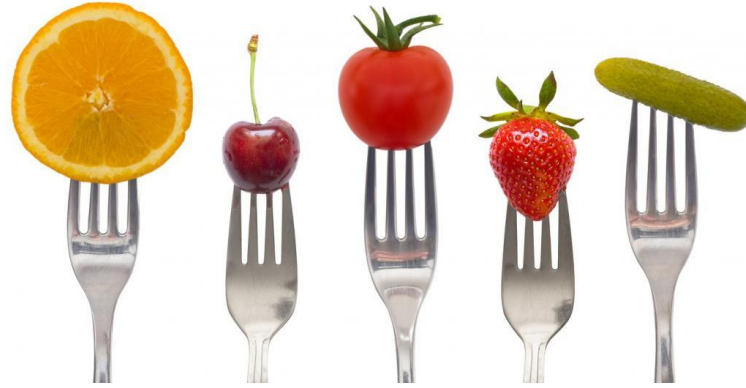


*Get Your Goal
On For 2016!*

- Owner Susan Weiner Nutrition, PLLC
- 2015 AADE Diabetes Educator of the Year
- 2015 LifeChanger Award Recipient, Health Monitor
- 2015-2016 Editor of “On the Cutting Edge”, a peer-reviewed journal of the Diabetes Care and Education Journal of the Academy of Nutrition and Dietetics
- Advisor – DiabetesSisters



Susan Weiner MS, RDN, CDE, CDN



What Are YOUR Goals?



Make SMART Goals this Year

Is one of your SMART goals to lose weight?

- ▶ Specific
- ▶ Measurable
- ▶ Action Oriented
- ▶ Realistic
- ▶ Timely

Think Small

Losing as little as 2-5% of your total body weight can improve your blood sugar and blood pressure.



“I just can’t go on another diet; you’re my last resort!”

 **Weight
Watchers®**

 **Nutrisystem®**

 **jenny
CRAIG**



Why Do You Eat?

- ▶ External cues (eat by the clock)
- ▶ Cultural and/or religious background
- ▶ Budget
- ▶ Hunger
- ▶ Boredom
- ▶ Stress
- ▶ Fatigue



Mindful Eating



- ▶ Many people eat for other reasons besides true hunger
- ▶ Mindful Eating focusing on eating with intention and attention
- ▶ “Being aware in the present moment when one is eating; paying close attention to the senses, including physical and emotional sensations” (Albers, 2008)

R-E-S-P-E-C-T M-E

- ▶ **R**ecognize Signals
- ▶ **E**njoy Eating
- ▶ **S**atisfy, Don't Stuff
- ▶ **P**erfect Being Present
- ▶ **E**xercise
- ▶ **C**ope With Emotions
- ▶ **T**ell the Food Police to "Buzz Off"

- ▶ **M**ake Moderation Key
- ▶ **E**mpower Yourself



Savor Your Food

- ▶ Make time
- ▶ Sit Down
- ▶ Breathe
- ▶ Pay attention
- ▶ Taste
- ▶ Fork down
- ▶ Feel your fullness



Keep Track

- ▶ Learn to recognize what triggers you to grab a bite by keeping a food diary
- ▶ Pen and paper, websites or smart phone apps
 - Livestrong.com
 - myfitnesspal.com
 - fitday.com

Take Away #1



If You Bite It, Write It

- ▶ Be honest. It's a journal, not a newsletter
- ▶ Write down **all** food with approximate portions
- ▶ Remember to record your hunger rating, emotions and comments



Take Away #2

Become Empowered

- ▶ After discovering your triggers and identifying patterns, create a food environment that works for you



Tips & Tricks

Don't zone out or let yourself get distracted during meals, always try to:

- ▶ Fill up on foods with **fiber**
- ▶ Eat off of **smaller plates** & bowls
- ▶ Put your fork down between bites
- ▶ Focus on the **taste** & **smell** of your meal

Portion Patrol: Bagel

20 Years Ago



3 inch
140 calories

Vs.

Today



6 inch
350 calories

Difference: 210 calories!

Portion Patrol: Muffin

20 Years Ago



1.5 ounces
210 calories

Vs.

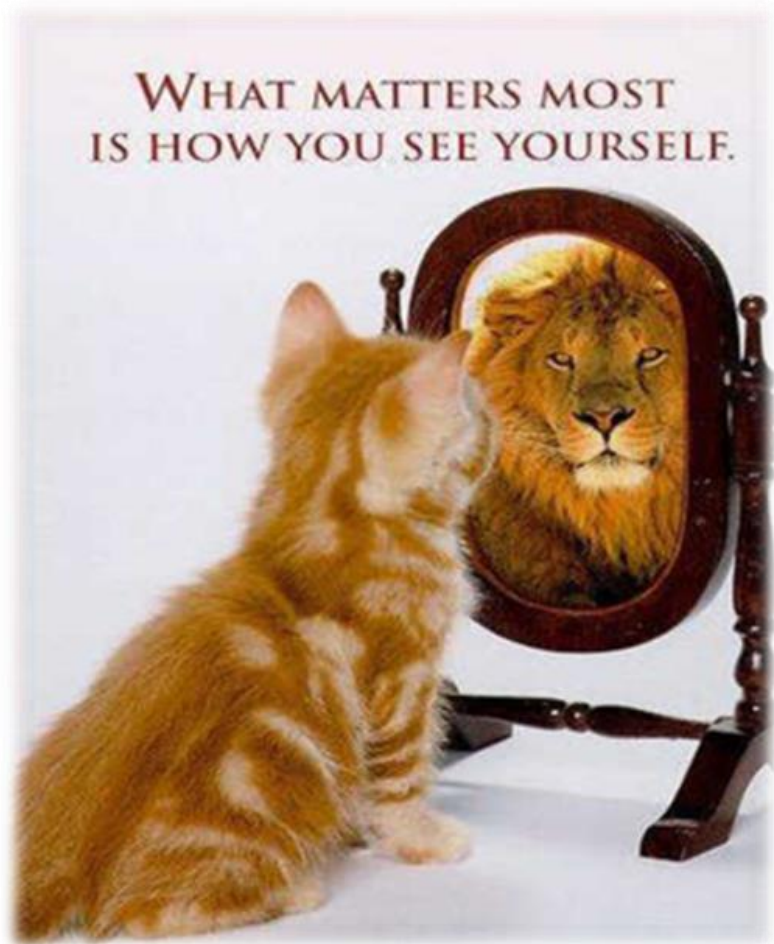
Today



4 ounces
500 calories

Difference: 290 calories!

The Best You is the Mindful You





Thank You!

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