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

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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!”
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

- Recognize Signals
- Enjoy Eating
- Satisfy, Don’t Stuff
- Perfect Being Present
- Exercise
- Cope With Emotions
- Tell the Food Police to “Buzz Off”

- Make Moderation Key
- Empower Yourself
Savor Your Food

- Make time
- Sit Down
- Breath
- 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
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

What matters most is how you see yourself.
Thank You!

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