

the sociEATy

stage 5: health & wellbeing

video 2 workbook

use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

no food rules.

are you ready?

Before we get started I want to take a moment to pause and check in with you to see if you're truly ready for this step. It's important not to get into the topic of gentle nutrition before you're ready, otherwise it will likely feel like a diet. Take a moment to answer these questions and check the boxes of the ones you can say "yes" to.



- Do you have a firm understanding of your hunger and fullness cues and follow them?**
- Do you honor and understand the concept of satisfaction?**
- Do you eat less nutrient rich foods without feelings of guilt or feeling stressed?**
- When you think of a salad do you view it neutrally, not as “good”, and when you think of a donut do you also view it neutrally and not as “bad”?**
- Are you able to give your body rest and not feel like you need to “earn” your food by engaging in movement?**

If you answered “yes” then you're likely ready to begin thinking about adding gentle nutrition into your intuitive eating journey.

If not, proceed with caution. I'd advise you to be able to answer “yes” to all of the above questions to truly feel comfortable with the materials we are going to go over and not have it trigger a dieting mindset. There is no shame in pressing pause on this topic right now. This is not a race. It's important to go through this journey at the right pace for YOU.

pre-gentle nutrition reflection

Before we get started diving into the gentle nutrition basics I want you to take a second to do a little reflection on your current eating habits. Consider your answers to these questions:

In general, how do my food choices make my body feel? Do I like the way this feels?

Are there any aspects of my choices that don't make me feel good? (i.e. gas, bloating, headache, tired, etc.)

How is my energy level with the way I'm fueling my body?

In general, do I feel like my eating habits and patterns are working for me? Are there any adjustments I'd like to make to feel better?

portion sizes & variety

Portion Sizes

We have already worked on portion sizes throughout your entire intuitive eating journey. "Portion control" is not an issue for intuitive eaters because they have the body attunement we have already worked on and understand hunger, fullness and satisfaction. If you feel like you may be eating more or less than your body needs, try playing around with the portion sizes you're eating to see what feels the best to you- again, mentally and physically. If you need more help with hunger and fullness be sure to check out the videos in stage 3 for a refresher.

Are there any adjustments you'd make to the portion sizes you're consuming?

Variety

Try to change up the types of foods that you're eating. This can help you get a wide variety of nutrients in. Lack of food variety has been associated with excess mortality risk. So change up the protein sources, change up the grain. Get some variety in there with all of the food groups!

Are there any adjustments you'd make to the amount of variety that you're consuming?

macronutrients

By now you know that the 3 macronutrients are carbohydrates, fat and protein. Our bodies need all 3 of these to function optimally and together they help us to feel full and satisfied. Typically consuming all 3 at meal times and 2 for more substantial snacks is a helpful guideline to consider. If you're in the mood for a lighter snack, just 1 macronutrient may be enough and you can decide which one by what sounds best or you enjoy most.

Carbs

Carbohydrates main role is to provide energy and fuel the body kind of the same way gasoline's is going to fuel a car. They are our bodies preferred energy source.

Protein

Protein is important for a variety of reasons such as growth and development as well as repair and maintenance of body tissues. It also really helps us to stay feeling full and satisfied.

Fat

Fat provides the structure to our cells, provides some cushion to our actual membranes to help prevent damage from them and is important in our bodies production of hormones. Fat is also important for us to actually absorb and utilize some different vitamins and minerals.

Foods that contain each macronutrient:



Brainstorm some different combinations of these foods that sound enjoyable to you.

Meals (aim to include all 3):

Snacks (aim to include 2):

fruits & veggies

Fruits and vegetables are nutrient powerhouses. Look for a variety of colors in your fruits and veggies because this can signal that they have different micronutrients. Considering adding in a fruit or veggie at meal or snack time can be a great gentle nutrition idea.

If fruits & veggies feel diet-y to you try these tips: trying a totally new fruit or veggie; try cooking them in a way you haven't tried them before; add sauces, seasonings, etc.

Avoid the term "sneaking in" veggies. However, you can build them into things you do love. Think of this less as "sneaking" and more as an empowering choice to provide your body with some nutrient packed foods in a way that you enjoy that will allow it to function optimally.

adding veggies

- add a can of mushrooms to pasta sauce
- add veggies to a smoothie (frozen riced cauliflower or a handful of spinach)
- sauté sliced peppers and add to tacos
- add riced cauliflower to oatmeal
- shred carrots and add to oatmeal for a carrot cake oatmeal (zucchini too!)
- add fresh or canned veggies to an omelet
- shred carrots and add it to ground beef
- see how many veggies you can add to a sandwich (cucumber slices, lettuce, peppers, etc.)
- see how much color you can incorporate into a salad
- serve a pickle on the side of your lunch (pretend you're at a fancy sandwich shop!)
- add a frozen microwavable bag of veggies to any frozen meal to amp it up

adding fruit

- add to oatmeal
- add to yogurt
- try having them frozen instead of fresh for a refreshing snack!
- pack them into a smoothie
- add to baked goods
- use as a toast topping (put greek yogurt down first so they stick really well!)
- top pancakes or french toast
- mash them up and spread on toast, a bagel or an english muffin
- wrap a banana inside of a tortilla with some yogurt or peanut butter and slice to make fruit "sushi"

fruits & veggies cont'd

making veggies tasty

- use some oil when cooking
- top with everything but the bagel seasoning
- sprinkle ranch seasoning mix on them when warm
- try new dips or dressings
- try new cooking methods (roasting makes them sweeter and can easily be done in a big batch for the week!)
- toss them in spice blends before cooking (Trader Joe's and Aldi always have fun ones!)
- toss them with a little honey to add sweetness
- tip with cheese or nutritional yeast for a vegan option
- use a store bought stir fry sauce for a takeout inspired veggie dish

making fruit tasty

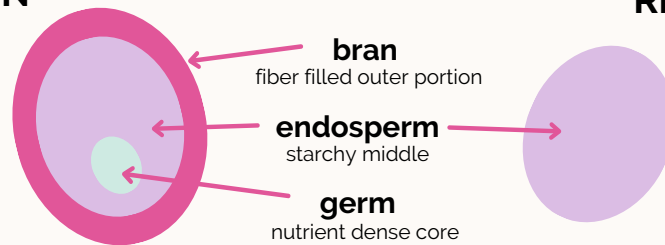
- try a store bought fruit dip
- dip in yogurt
- enjoy with peanut butter
- drizzle with honey for extra sweetness
- top with some cinnamon for a bit of a flavor pairing
- try a new type of nut butter or spread
- for a sweet treat try berries and a bit of frosting! (strawberries and chocolate frosting is fabulous!)
- lay on a plate and drizzle melted chocolate chips over them
- place a chocolate chip inside of a raspberry
- add fresh mint to a bowl of fruit

Ways I'd like to incorporate fruits and veggies are...

whole grains & fiber

Grains are divided into two subgroups. So we have the whole grain in one group and we have what's called a refined grain in the other group. Now the whole grain contains the entire grain, what's called a "kernel". So that means that it contains all components that are IN the kernel called the bran, the endosperm and the germ.

WHOLE GRAIN



REFINED GRAIN

The emphasis on whole grains is because they provide much more of the areas of the grain kernel that provide our bodies with nutrients and potential health benefits such as reducing your risk of heart disease, some cancers, diabetes, to just name a few as well as helping with gut health and regular bowel movements. They can also help to keep you feeling full longer, can give you more long lasting energy and can also help with blood sugar stability. The additional nutrients help your blood sugar rise in less of a spike, whereas refined grains really don't have much of anything to help prevent that more drastic blood sugar spike. The guidelines are to make half of your grains whole.

whole grain ideas

- whole wheat
- brown rice
- oatmeal
- quinoa
- buckwheat
- bulgar
- millet
- sorghum
- whole rye
- popcorn

If you'd like, what are some ways that you can incorporate whole grains?

fiber

Fiber is a type of carbohydrate that provides minimal energy for the body. Although the body can't use fiber efficiently for fuel, it's an important part of a healthy eating pattern and helps with a variety of health conditions. Fiber may help prevent heart disease by helping reduce cholesterol. It can also help protect against some cancers such as colorectal cancer, help reduce risk of heart disease, lower cholesterol, lower risk of stroke and type 2 diabetes.

Fiber slows the speed at which food passes from the stomach to the rest of the digestive system – this can make us feel full longer. Because fiber slows down how quickly food is broken down, it may help control blood sugar levels for people with diabetes by reducing blood sugar levels after meals. Fiber increases bulk in the intestinal tract and may help improve the frequency of bowel movements. Fiber can be found in fruits, veggies, beans and whole grains to name a few.

some
sources
of fiber

- fruits
- veggies
- whole grains

If you'd like, what are some ways that you can incorporate fiber?

fish

Fish are the major source of healthful omega-3 fatty acids, such as some things called DHA and the EPA. These are essential fatty acids that the body can not make and we must get from food. Fish can also be high in other nutrients, such as vitamin D, iron and selenium, and are typically also high in protein. Those omega-3 fats that we mentioned protect our hearts against cardiac rhythm disturbances. They can also lower blood pressure and heart rate, improve blood vessel function, and can help to lower triglycerides and may ease inflammation.

Multiple sources suggest eating fish about twice a week. That's about two, four ounce servings, which are about like the palm of your hand . Unfortunately, which maybe you can relate to, fewer than one in five Americans actually follows this. One third of Americans eat seafood at least once a week and nearly half of them eat fish only occasionally or not at all.

ways to add fish

- canned fish can be a great addition to add to salads or pasta salads
- try using seafood like shrimp for stir fry dishes
- frozen filets of salmon can be oven baked easily

Not a fan of fish or a vegetarian/vegan? Try adding walnuts or flaxseed which can provide some great omega-3's as well!

If you'd like, what are some ways that you can incorporate fish/non-fish sources of omega-3s?

mercury FYI

Those who are pregnant, breastfeeding or provide food for young children may need to be conscious of not consuming fish that are higher in mercury. [Take a look at this advice from the FDA for more info.](#)

water

Another nutrient to consider is water. Yes, this is a nutrient. It is essential for living. Our bodies are made of about 60% of water. Water plays a role in keeping all of your body systems working well. Staying hydrated can help reduce risk of developing kidney stones, urinary tract, infections, and prevent constipation. Adequate intake levels for water have been determined for generally healthy people and are based on age and gender.

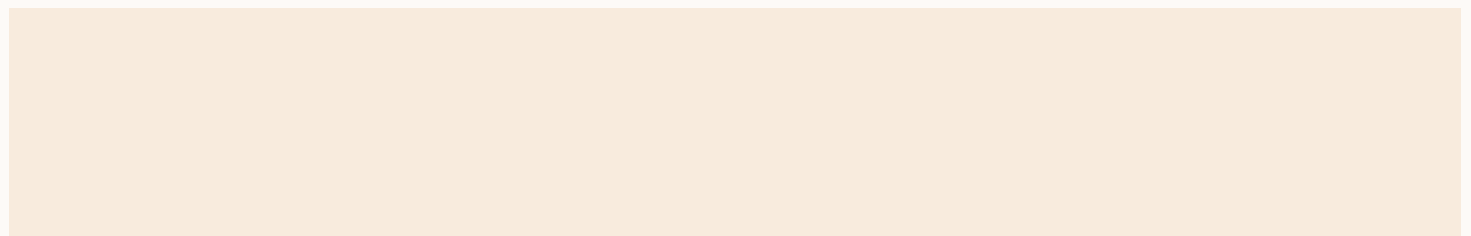
For women, the recommended amount of total water is about 11.5 cups per day and for men about 15.5 cups. These estimates do include water consumed from both foods and beverages. You typically get about 20% of the water you need from the food you eat. Taking that into consideration, women will need about nine cups of fluid per day and men about 12.5 cups. And, no, it doesn't have to be plain water. Adding flavorings, drinking sparkling water and even, yes, coffee, can count.

What I recommend is really just starting there with those general recommendations and seeing what feels good and then adjust. Does this feel like way too much? Does this feel like not enough? These are not hard and fast rules, more of a kind of like a starting point.

Take note of any changes you may experience such as if you are sweating more, traveling, in a different environment, are getting headaches, have new health circumstances, etc. your hydration needs may likely be adjusted. There is no right answer, just that you need to listen to your body.

Most individuals can avoid fluid balance problems by drinking when thirsty during and after exercise and eating a well rounded diet. It really can be that easy!

If you'd like, what are some ways that you can work on your hydration intake?



nutrition labels

When it comes to portion sizes on food labels, and really all nutrition information on there, it's important to note that it does not dictate what you can or can not eat, what you should or should not eat. In terms of nutrition labels, I do not think that they are bad in themselves. They can be data and actually helpful... if used in the correct way. For example, if I grab a can of soup and see it's a very low calorie soup I won't expect that soup to keep me full for long and I'll likely make a point to pair something with it. If it's very dense that might give me an idea of how eating a large portion of it might feel in my tummy. The goal is to be able to look at nutrition labels without being triggered and to see it as data. But, you may or may not be ready for this step. If you are not, I'd recommend continuing to not look at them and continuing to work on your own body attunement and intuitive eating confidence.

Here are some questions you can ask yourself to see if you should put nutrition labels on the back burner. Check the boxes of the questions you answer "yes" to.



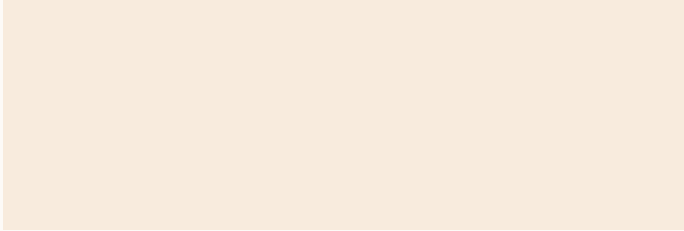
- Does thinking about nutrition feel neutral to you? Or does it stir up dieting thoughts?**
- Are you able to choose a food that may not be high in nutritional value but will be enjoyable or satisfy a craving without feeling guilty?**

If you answered yes then you may be OK looking at a nutrition label. If not, continue to simply think about gentle nutrition as a whole VS looking at a label.

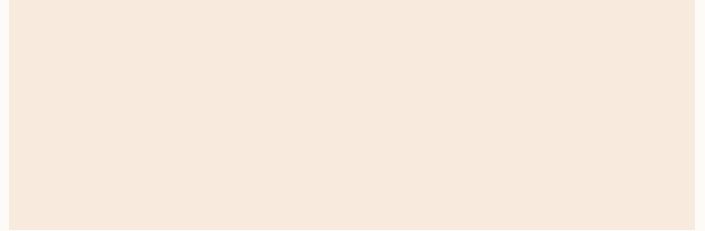
gentle nutrition assessment

Take a moment to think about each of the areas of gentle nutrition we discussed and reflect on how it shows up (or doesn't!) in your life.

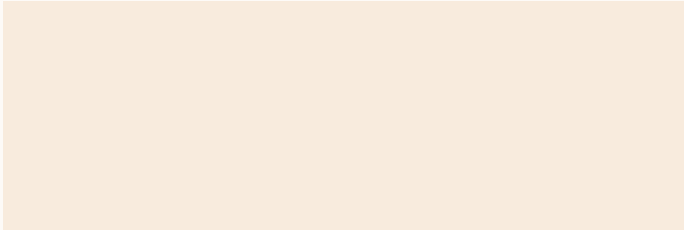
Portion Sizes



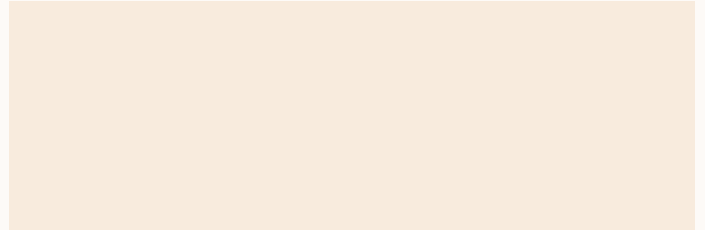
Variety



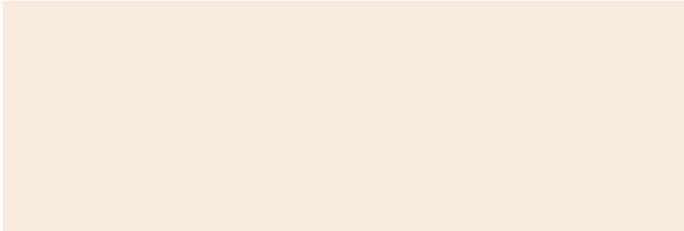
Fruits & Veggies



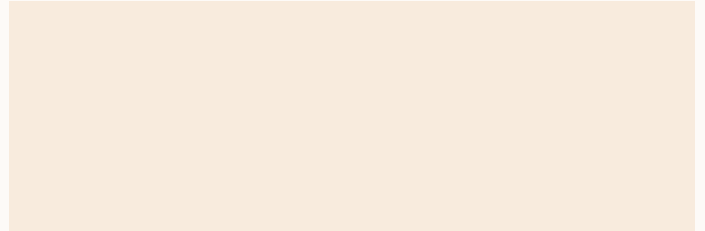
Whole Grains



Fiber



Fish



gentle nutrition action plan

Look over what you wrote on the previous page and pick just one area to start with.

If you don't feel confident in your portions or including carbs, fat, and protein, which we went over in the stage 3 videos, I'd recommend starting there. These are our most basic biological needs.

It's really important to pick just one area to focus on as to not make this feel diet-y or overwhelming. Don't worry, we will add more in but just start with one for now and the one that you feel will make the most difference to you and is achievable.

The area I'd like to focus on is...

Now, create a realistic goal for including this gentle nutrition focus. I'd recommend working on each focus for about 1 week, then assessing if you need more time with this one or if it feels good and you'd like to add in another. You may need more than 1 week per topic, absolutely, but I find that a week is enough time for you to experiment a bit and have something to reflect on.

Be sure to make your goal specific (state exactly what you'll do), measurable (define what will determine if you meet this goal or not such as a number of times), attainable (make sure it's something you can achieve- give yourself wiggle room and don't avoid all or nothing thinking!), relevant (make sure it fits YOUR needs) and time period (we will use 1 week!).

My goal will be...

gentle nutrition reflection

As you begin to implement this over the week this is where we are going to put our scientist lab coats on. We are just going to gather data from our little gentle nutrition experiment and we are going to assess the data.

How did you feel overall this week as you worked on your gentle nutrition goal?

What did you enjoy? What do you wish to continue doing/working on?

What did you not enjoy? What would you change?

For next week would you like to continue this goal?



Continue working on this goal



Move on to the next!

Use the same process on the previous page to create a new goal!

tips to prevent the diet mindset

Firstly, you want to be sure that you aren't JUST implementing a certain gentle nutrition focus but that you're also NOT implementing it. You want to do this for a couple reasons:

- you want to compare and contrast the outcomes. This helps you create what is called intrinsic motivation so you can connect with how implementing the area feels in your body and you want to do it.
- it also keeps you flexible and keeps your food rules at bay by understanding that it's fine to NOT implement this focus, nothing bad will automatically happen and you won't spontaneously combust.

example

If you are focusing on adding whole grains, rather than just swapping your white bread for whole wheat bread and calling it a day, you are comparing and contrasting the experience of white bread to whole wheat bread. Which one is more satisfying, which one keeps you full longer, which one feels better to your body? Do this a few times during a week to really gather your data. This process is KEY to implementing gentle nutrition in a non-diet-y way. Comparing and contrasting and coming to your own conclusion.

Ways that you will include your chosen gentle nutrition topic...

Ways that you will NOT include your chosen gentle nutrition topic...

food and mood journal

Something you can do is use something called a “food and mood journal”. This is not a food journal where you track what you eat, it’s simply a place to gather the data from all of your gentle nutrition experiments.

Take note of what feels good and what doesn’t, what correlations you find between how long different foods keep you feeling full. Notice what foods make you gassy, or maybe that you get stress stomach aches and that can impact your eating.

In a food and mood journal you’re not tracking what you eat but rather how you feel and the associations you’re making to achieve true body-food choice congruence. If you notice something doesn’t make you feel good, as always, begin with one experiment at a time to see what would allow you to feel better.

A food and mood journal is not meant to be a long term thing nor cause stress or anxiety, It is simply just a tool for you to begin the process of reflecting on your food choices. I’ve had many clients decide that heck no that isn’t for me it feels too much like tracking my food like I used to do. Totally fine! You do not need to use one. Reflecting on your own, not on paper, is absolutely fine and will help your body-food choice congruence just the same.

sample entry

Meal/Snack: Mid-morning snack of peanut butter and an apple

Environment: In my kitchen watching TV

How I Felt/Thoughts About The Food: A little anxious about higher calorie PB, but excited to taste it.

How The Food Made Me Feel: The snack was really satisfying, but I got hungry soon after. Maybe I needed more PB.

Hunger Scale Check In: **Start:**3 **Middle:**5 **End:**6

Mood: I was a little anxious over the PB and also a little stressed from work

Other Notes: I could try more PB next time since I got hungry soon after or I could try a bigger breakfast to prevent needing as large of a snack before lunch. I’m proud of myself for overcoming my fear of peanut butter! Also proud of not using food as a way to cope with my work stress!

food and mood journal

date:

Meal/Snack:

Environment:

How I Felt/Thoughts About The Food:

How The Food Made Me Feel:

Hunger Scale Check In: Start: Middle: End:

Mood:

Other Notes:

date:

Meal/Snack:

Environment:

How I Felt/Thoughts About The Food:

How The Food Made Me Feel:

Hunger Scale Check In: Start: Middle: End:

Mood:

Other Notes:

keeping tabs on your mindset

I'd also recommend being mindful of the process as you work to incorporate gentle nutrition. While maybe after listening to this video you feel like you're ready, it might feel different when you put this into practice. Here are a few questions to consider as you do this work. Check the boxes of any of the statements that you may find yourself saying "yes" to.



- Is your eating beginning to feel restrictive?**
- Are you counting anything (calories, macros, points, etc)?**
- Are you sacrificing your pleasure and satisfaction with eating in the name of gentle nutrition?**
- Are you implementing gentle nutrition with the goal of changing your weight?**

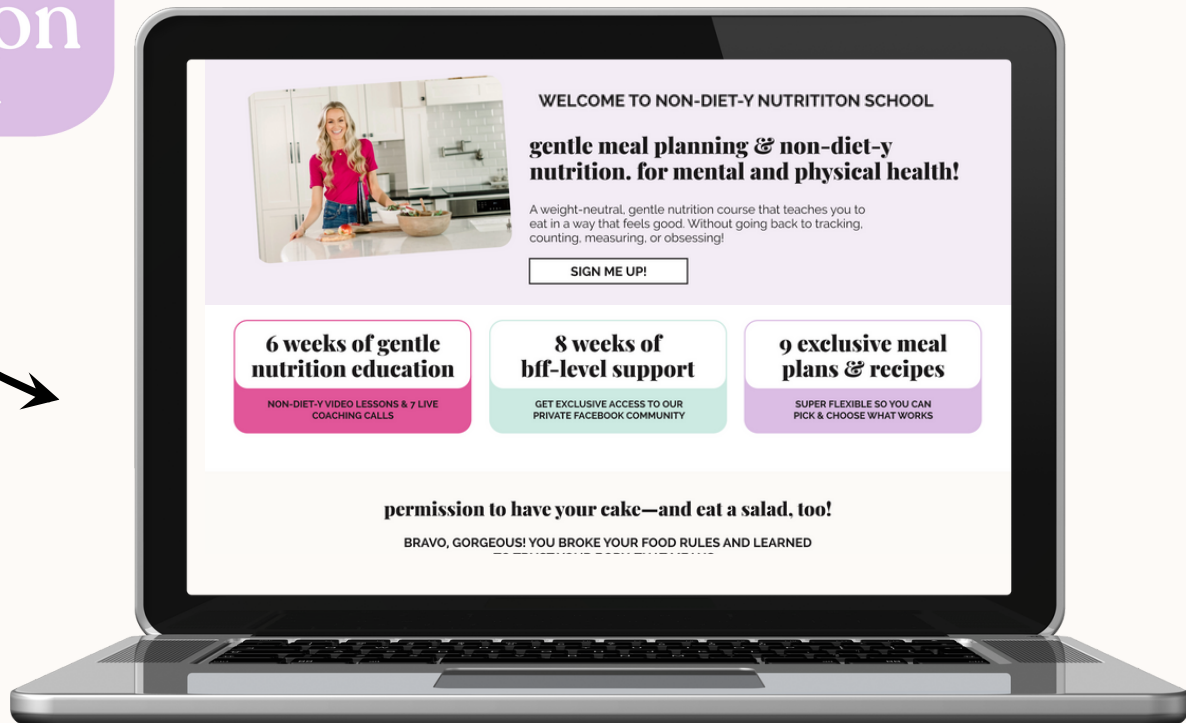
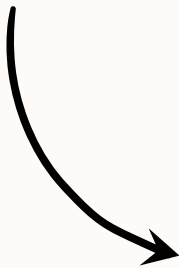
If you answered yes to any of the above questions it might be a good time to press pause on your gentle nutrition focus and return back to some of the earlier intuitive eating concepts we discussed. Like I've said, it's really important that this step doesn't turn diet-y. If it does, it doesn't mean you failed, this is nothing to feel shameful about. You attempted and your body is just asking for a little more time with the other stuff! Gentle nutrition is always here for you to come back to when you're ready.

want more gentle nutrition?

The amount of time that you spend working on gentle nutrition can vary and your gentle nutrition focus can change throughout life!

Once you get through the basic concepts we have discussed in this video and if you're craving more you can check out non-diet-y nutrition school, my course, which goes into much more detail about these gentle nutrition topics and so much more.

non-diet-y
nutrition
school



click here to learn more!

<https://members.colleenchristensennutrition.com/gentle-nutrition-meal-planning-course/>