

**Your New
Relationship
with Food**

Part 1

Renew

A Weight Loss Rx Lifestyle Class

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Relationship
with Food Part 1**

MODULE 1:

Creating a
Healthy Lifestyle

Welcome to class!

Reflection Questions:

- How would you describe your relationship with food before the medication?
- What are some words you would describe your current relationship with food?

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The SELF Principle



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

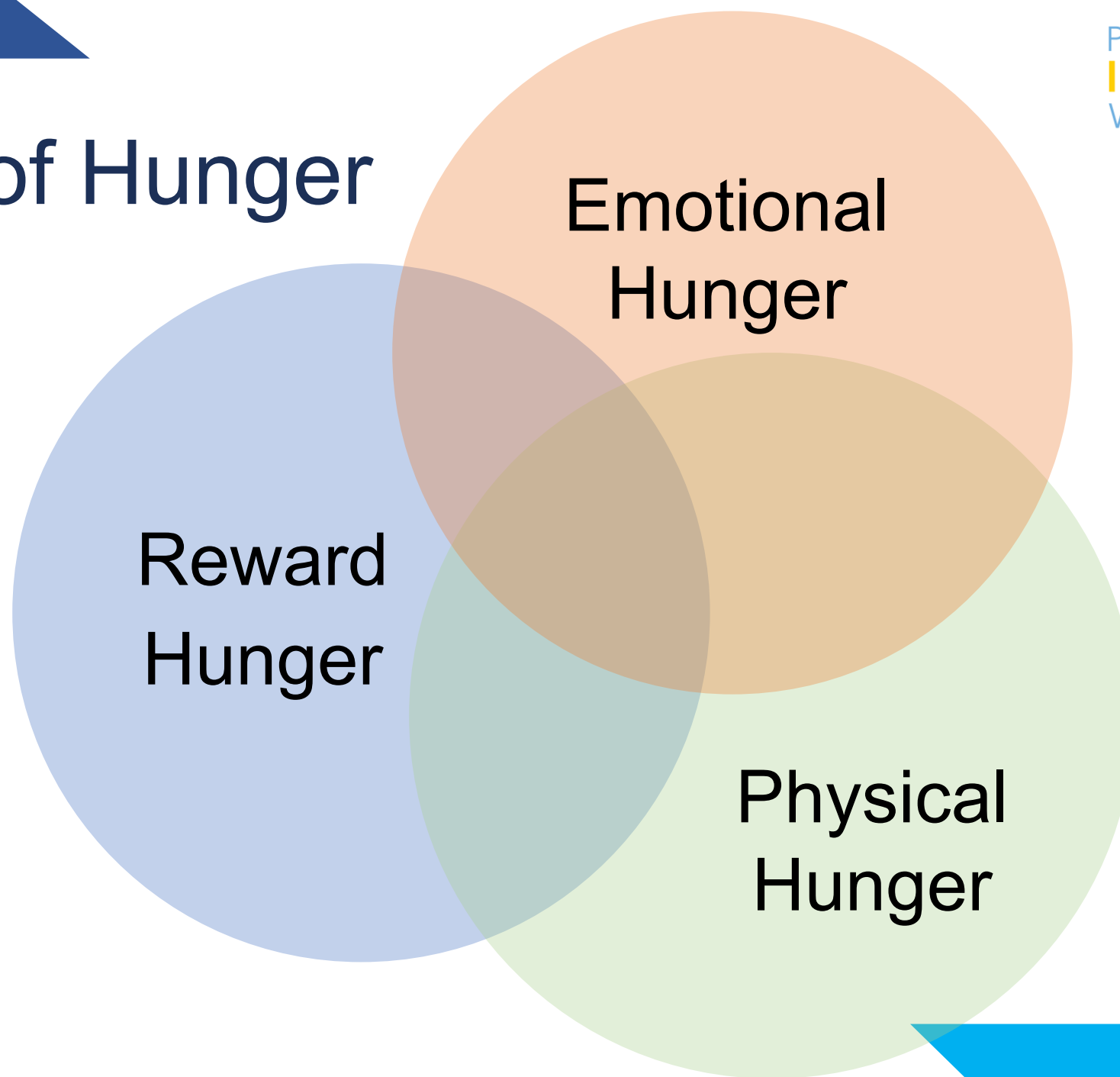
What is hunger?

Hunger is your drive to eat and can be triggered by multiple factors.

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Types of Hunger



Reward Hunger

- Food Noise
- Based on the genetic and reward processes that keep us at a specific weight.
- Desire for food continues after eating
- Strong drive to consume food
- Constant
- Medications turn down the volume

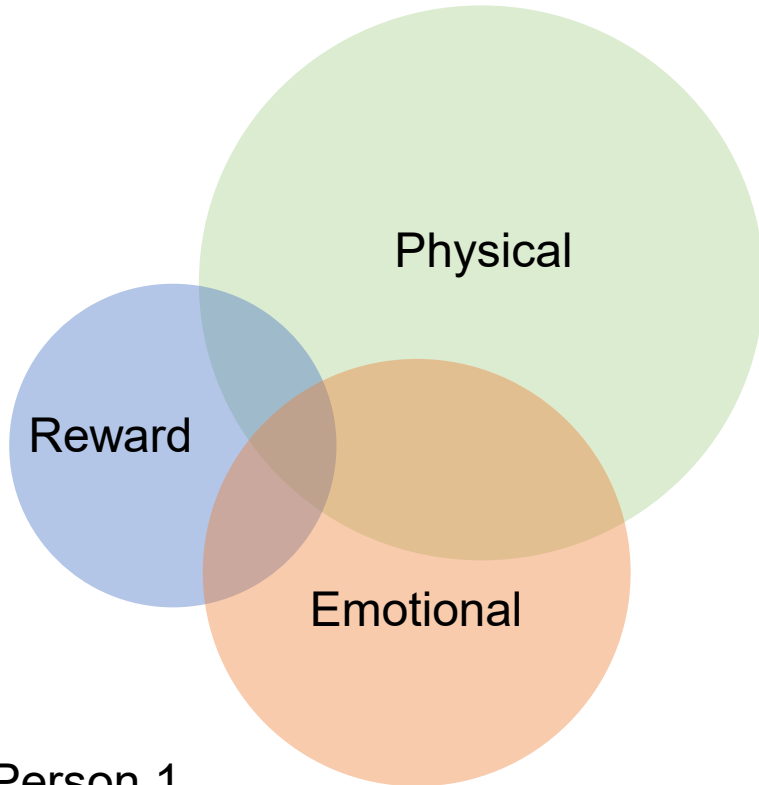
Physical Hunger

- Based on energy needs
- Gradually increases over time
- Decreases after eating
- Food noise
- Ebbs and flows
- Medications slow digestion to decrease
- Body mass set point may play a role after weight loss.

Emotional Hunger

- Based on meeting emotional needs with food
- Feels like cravings
- Food noise
- Continues after eating
- Ebbs and flows
- Medications reduce food rewards so may reduce emotional hunger signals

Understanding Your Hunger

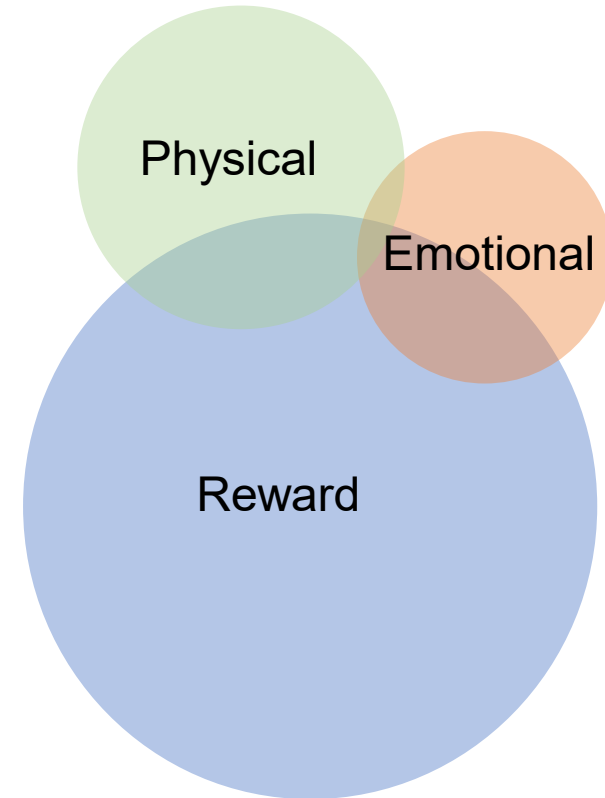


Person 1

Focus on healthy meals, habits, and strategy to have the best results.

Person 2

Focus on self care, stress management, and coping strategies to have the best results.



Person 3

Focus on non-food based rewarding behaviors, avoid deprivation, and strengthening social and sensory pleasures.

Food Noise

Intrusive and persistent thoughts about food often leading to maladaptive eating behaviors

- How much to eat
- When and what to eat next
- Guilt about eating
- How to make up for the food already eaten
- How to avoid eating at social events



Where does food noise come from?

- **Physical hunger**
- **Emotional hunger**
- **Food experiences throughout life**
 - Food scarcity due to socio-economic reasons
 - Chronic dieting
 - Cultural and familial messaging about body size, personal value, and food consumption.
- **Genetics**
 - The drive to find and consume food can be passed on. People who have a high food drive are more likely to survive famines.
 - Dopamine responses to food can be higher within families.
 - The higher the dopamine response, the higher the drive to repeat the behavior.

Reduction in “Food Noise”

- GLP-1 medications can help reduce “food noise” by:
 - Increase speed of signals to the brain for fullness.
 - Delay gastric emptying, increasing feelings of satiety and fullness.
 - May affect dopamine pathways, making food less rewarding.
- May help people focus less on food and decrease the pleasure of high fat/high sugar foods.



Relationship with Food

- Food can have many different meanings for you depending on your life experiences, genetics, and social/culture traditions.
- We may use food as:
 - Comfort
 - Celebration
 - Reliable friendship
 - An obligation
 - A way to fill time
 - A way to connect with others
 - Other...



How has your relationship
with food changed since
starting the medication?

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Emotional Hunger



Are you still finding yourself using food to deal with stress, boredom, loneliness, etc.?

What times of the day, emotions, or situations do you notice more intense food cravings?

Physical Hunger

What does hunger feel like for you now?

Are there physical
sensations in your
body?

Are there changes
in your thoughts
about food when
you haven't eaten
in a while?

Principles for a More Positive Relationship with Food

Remember	Remember you are empowered; you deserve food and nutrients.
Eliminate	Eliminate confining rules about food.
Release	Release resentment surrounding food.
Avoid	Avoid deprivation and restriction, honor your physical hunger cues.
View	View food as a teammate in wellness and not as feared enemy.



What's one thing
that stood out in
today's class?

What is one small step you
could take to incorporate
that this week?

Add this to your journal.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 70-110 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
MED 1,200-1,400 calories 80-130 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 healthy fat 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
HIGH 1,600-1,700 calories 100-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 fruit 1 probiotic	4-6 oz protein supplement OR 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

