

Eating for Your Health

Session 2
August 2022

Outline

- Session 1 recap / Homework review
- Why Diets Don't Work
- Mindful Eating
- Buzz Kai/Foods
- When Things Don't Go to Plan
- Homework
- Questions and feedback

Review

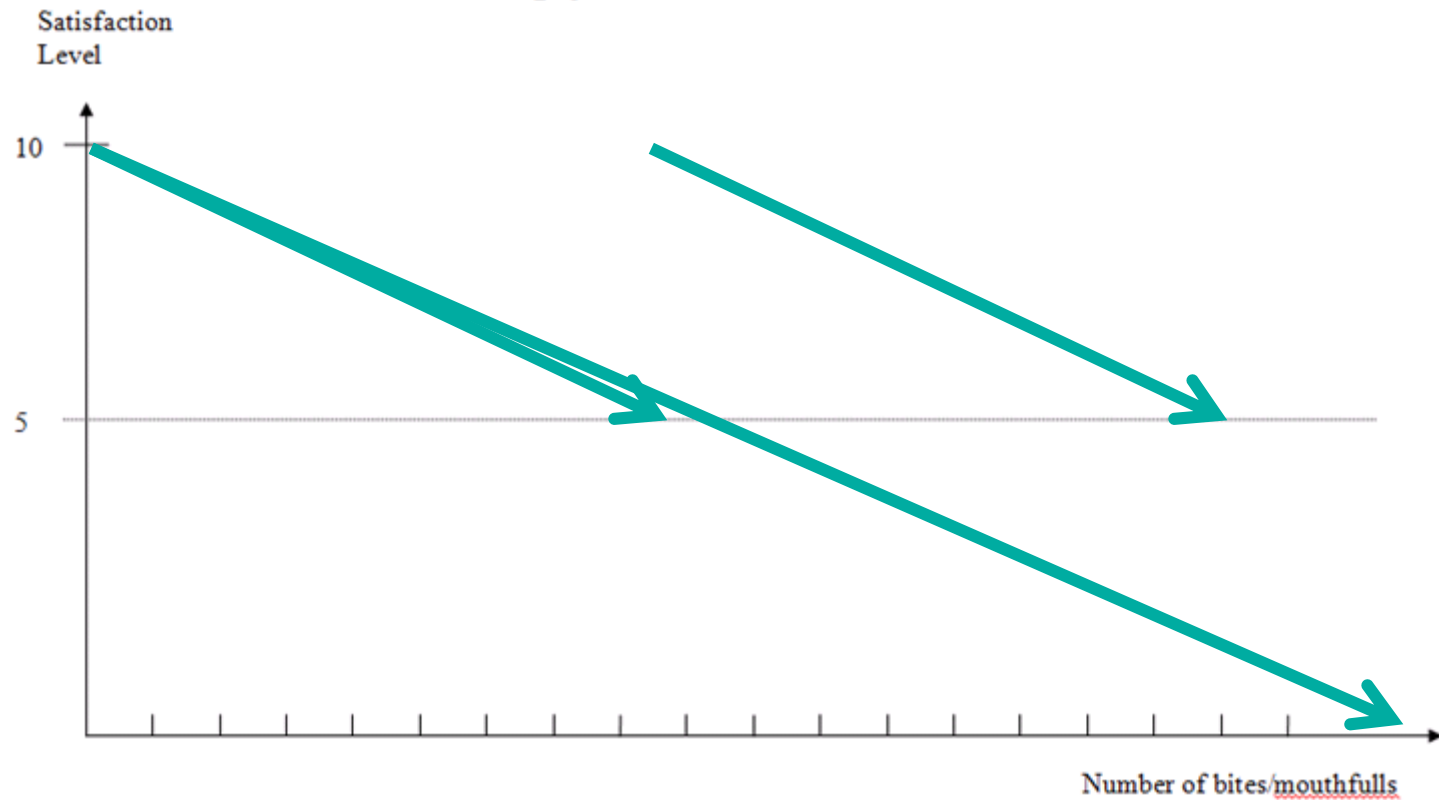
- Advantage card
- Barriers that stop successful changes
- Hunger / fullness scale
- Eating awareness diary

Why diets don't work

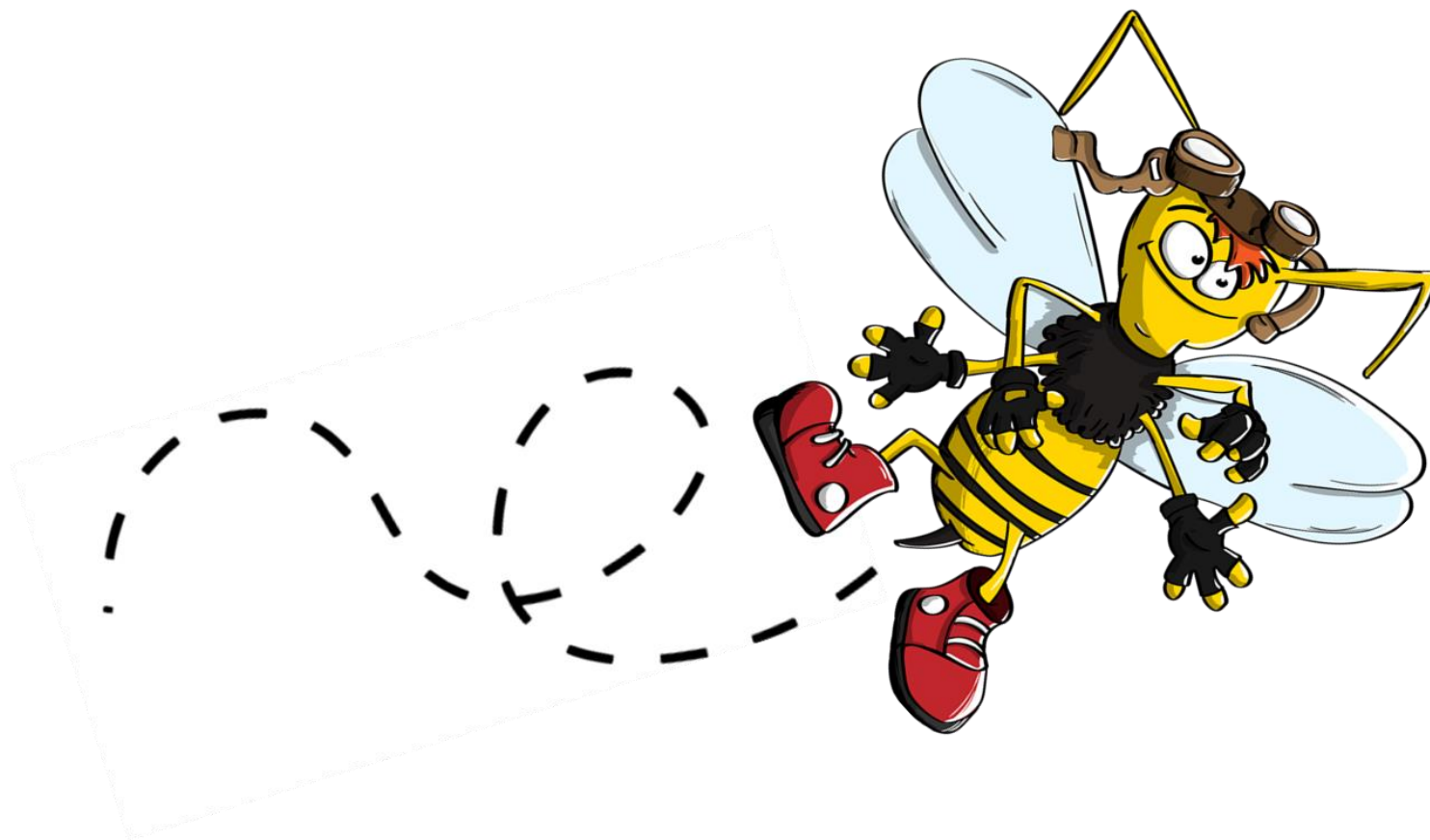


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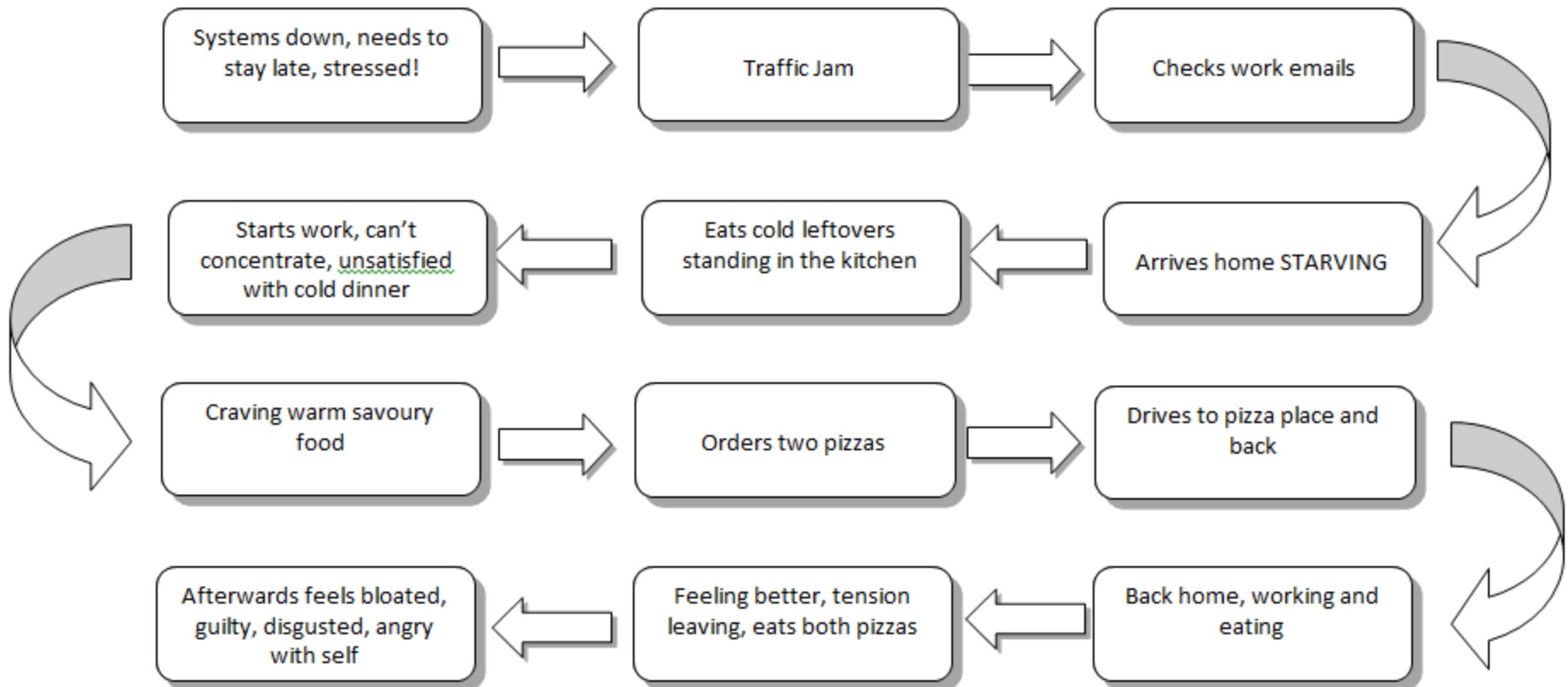
Satisfaction



Buzz Kai/Foods



When things don't go to plan



Homework & Session 3

- Behaviour chain
- Mindful eating



Next time...

- Body shape and size diversity
- Looking after all areas of our health
- Psychological health
- Movement for the joy of it

Pātai



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Search "Eating for Your Health"

Acknowledgement: The Non-Diet Approach Guidebook for Dietitians © 2013 by Fiona Willer