

BEYOND THE PLATE WORKBOOK

2022



PREPARED BY MARY BALOG, RDN



PART 2

the "non-diet" approach





REFLECTION QUESTIONS

Congratulations on completing Part 2 of the "Beyond the Plate" workshop series! In this second presentation, we dove more in-depth into the "non-diet", weight-inclusive approach to health and nutrition. Consider this a starting point, and challenge the feeling that you have to work towards a destination. Everyone moves through this process at their own pace; unlearning unhelpful or harmful ideas and attitudes about food and bodies; processing grief or frustration related to our diet histories; then moving towards acceptance, non-judgemental curiosity, self-compassion, and exploration. Practice patience with yourself.

This workbook will give you space to reflect and work through some of these topics, and will lay the foundation for the next presentation in the series. (Questions were adapted from the Intuitive Eating Workbook, by Evelyn Tribole & Elyse Resch.)

I. We'll begin by rejecting the diet mentality. In the Part 1 Workbook, you answered questions related to your diet history and perspective of weight loss. Expand on this reflection to identify Diet Culture influences in your life. Are there diet tools you still use that may be interfering with your relationship to food or your body? Check all that apply from the list below. *Keep in mind that these are sensitive topics, so if you don't have the time or energy to do this right now, that's okay! You can revisit this when you're ready.*



IDENTIFY TOOLS OF DIETING

- 1. I count calories or points and try not to exceed a daily total of ____
- 2. I will not let myself eat a particular snack if it exceeds a certain number of calories or points.
- 3. I will not let myself eat a particular meal if it exceeds a certain number of calories or points.
- 4. When I eat out at restaurants, I choose entrees that have the lowest calories or points.
- 5. I do not allow myself to drink beverages that have any calories.
- 6. I choose physical activities and exercise based on the amount of calories it burns.
- 7. I cannot eat a particular meal or food if I do not know the calories or points.
- 8. I avoid eating foods that are high in carbohydrates such as bread, cereal and pasta.
- 9. I avoid eating foods that contain sugar.
- 10. I avoid eating foods that contain fat.
- 11. I weigh myself frequently.
- 12. I measure my food to be sure I am not eating too many calories.
- 13. I count the exact amount of food I need to eat (such as nuts or crackers), in order to be sure that I don't eat more than one serving or portion size.
- 14. I weigh my food to be sure I am not eating too much.
- 15. If I think I ate too much food, I will compensate by exercising more.
- 16. I google articles on new diet plans and how to lose weight.
- 17. I read blogs and websites about dieting and "thinspiration".
- 18. I save books on various diets and dieting plans.
- 19. I collect low-calorie recipes to helpless weight.
- 20. I take supplements, including teas, which are supposed to burn fat, speed metabolism, or help lose weight.



REFLECTION QUESTIONS

REMOVING THE TOOLS OF DIETING



1. Reflect on your answers to the above activity. What are 3 dieting tools that you would like to challenge or consider removing from your life?
2. What are steps you can take to begin removing these diet tools?
3. Does the thought of stepping away from these diet tools bring up any fears or concerns?



REFLECTION QUESTIONS

II. As you start shifting towards other Intuitive Eating principles that relate to hunger cues, satiety cues, satisfaction, emotional eating, and so on- it can be helpful to do a "self-care assessment". If self-care is lacking, it's hard to be attuned and accurately hear the inner cues of hunger and fullness. That said, it's okay if you have a number of checked items. Rather than focus on all that you need to tend to, think of it as an opportunity to prioritize what you really need right now.



SELF-CARE ASSESSMENT

Check all that apply	
I. Physical	
Positive Behaviors	Attunement Disruptors
<input type="checkbox"/> I get enough sleep to feel rested and restored when I wake up.	<input type="checkbox"/> I often skip meals when I am pressed for time.
<input type="checkbox"/> I get regular medical and dental checkups.	<input type="checkbox"/> I watch more than 2 hrs. of TV a day.
<input type="checkbox"/> I take time off work or school when I am sick.	<input type="checkbox"/> I exercise too much, such as when I am sick or injured.
<input type="checkbox"/> I wear clothes that I like and that feel comfortable.	<input type="checkbox"/> I smoke (or vape).
<input type="checkbox"/> I take vacations.	<input type="checkbox"/> I go long periods of time without eating.
<input type="checkbox"/> I engage in a physical activity that I enjoy at least 5 times per week.	<input type="checkbox"/> I overeat or undereat when I am stressed.
<input type="checkbox"/> Other	<input type="checkbox"/> I often multitask while I eat, watching television, checking email, or reading.
	<input type="checkbox"/> I am often sleep deprived.
	<input type="checkbox"/> I drink more than the recommended levels of alcohol (more than one or 2 drinks per day).
	<input type="checkbox"/> Food I buy doesn't last, and I don't have money to get more.
	<input type="checkbox"/> I have an acute or chronic illness.
	<input type="checkbox"/> Other



REFLECTION QUESTIONS

Check all that apply

II. Emotional & Psychological

Positive Behaviors

Attunement Disruptors

I make time for self-reflection.

I feel guilty if I am not productive or doing something important.

I am aware of my thoughts, without judgement.

I do not know how to relax.

I am aware of my feelings, without judgement.

I engage in harsh or critical self-talk.

I write in a journal.

I don't allow myself to feel my feelings or cry.

I identify comforting activities and places and seek them out.

I have a difficult time managing stress.

I make time to relax.

I self-silence my thoughts and feelings.

I make time to play.

My life feels out of control.

I find things that make me laugh.

I struggle with anxiety.

I have hobbies and interests outside of work or school.

I'm currently recovering from an Eating Disorder

I have compassion for myself and others.

I'm worried whether my food will run out before I get money to buy more.

I seek therapy when needed.

I have Post-traumatic stress disorder.

Other

Other



REFLECTION QUESTIONS

Check all that Apply

III. Relationships

Positive Behaviors

Attunement Disruptors

I spend time with people whom I enjoy and who sustain and support me.

I don't like to burden my friends or family with my problems.

I have someone in my life who would listen to me if I were upset or just needed to talk (friends, family, a therapist, or clergy).

My family doesn't support me when I have problems.

I stay in contact with important people in my life.

I worry about what people think of me.

I make time to spend with my family.

I withdraw from people when I am stressed out.

Other

Other



REFLECTION QUESTIONS

Check all the apply

IV. Spiritual

Positive Behaviors

Attunement Disruptors

I spend time in nature.

I am mainly drawn to material things.

I make time for reflection.

I don't take any time to reflect on the meaning of my life.

I seek or participate in a spiritual connection or community.

I always believe that I don't have enough.

I am aware of nonmaterial aspects of life.

I don't consider the things in my life for which I am grateful.

I seek experiences of awe.

I don't consider that I actually have a purpose in this life.

I have a mediation practice.

Other

I pray.

I read or study inspirational books or articles.

Other



REFLECTION QUESTIONS

Check all that Apply

V. Boundaries

Positive Behaviors

Attunement Disruptors

I maintain a manageable schedule at work or school, which includes taking breaks.

I have a hard time saying no to people's requests.

I take breaks from electronic media including my computer, smartphone, or television.

I feel the need to make others happy.

I say no to extra projects or responsibilities if I am overscheduled.

I feel selfish if I say not to a request.

I set limits with my family and friends.

I tend to take on too many projects and activities.

I set limits with volunteer projects.

I automatically say yes to requests, without reflecting on my schedule or prior commitments.

I set limits with work, such as not working while on vacation.

I take pride in being super busy.

I strive for balance among work, family, school, play, relationships, and rest.

Other

I speak up when others attempt to cross my boundaries.

Other



REFLECTION QUESTIONS

SELF CARE ASSESSMENT



1. What trends did you notice about your positive self-care behaviors?
2. What are your strengths in self-care behaviors?
3. Are there any categories of self-care that you have not been currently addressing?
4. What categories of self-care need more attention or perhaps just consistency?
5. What were your attunement disruptors?
6. Review each of the self-care categories from your assessment. Describe one to two strategies that you are willing to consistently implement to improve your self-care.



REFLECTION QUESTIONS

III. If you feel like you're in a place to start exploring how hunger and fullness feel, review the Hunger/Fullness scale below. Practice rating your hunger/fullness before and after meals or snacks. It might feel arbitrary at first, but as you collect more information and build awareness, you will start to notice your characteristics of hunger and fullness. **NOTE* If you have an active Eating Disorder; a history of chronic dieting; a chaotic schedule; erratic eating patterns; or other significant attunement disruptors, it may be beneficial to reach out for additional support. Some circumstances can "silence" hunger; or make it difficult for you to perceive or respond to hunger/fullness cues. Be gentle with yourself, and reach out to a professional if needed!*



INTRODUCTION TO HUNGER/FULLNESS SCALE

HUNGER SCALE

FROM HEALTH AT EVERY SIZE, BY LINDO BACON

As you get to know your characteristics of hunger, you'll feel more confident in determining when to eat based on those cues. Consider the following "suggested" hunger scale to understand the range of hunger, and common thought & sensations. How does it compare to your experience?

1 Can't think straight and feel crazed. I think I should eat, but feel incapable of making a decision about what to eat and how to take care of myself. Just want to lie down and do nothing.

2 Very low energy, irritable, cranky, and anxious. Snapping at people. Shaky. Difficulty concentrating. My stomach is rumbling and feels empty.



3 May be preoccupied with thinking about food. Energy starting to lag. Mild concentration lapses. A little anxious. May have a slight empty feeling in my stomach, but not uncomfortable.

4 Starting to think about food. Light in my body. Energized.

5 Comfortable. Energized.





REFLECTION QUESTIONS

INTRODUCTION TO HUNGER/FULLNESS SCALE

FULLNESS SCALE

FROM INTUITIVE EATING, BY EVELYN TRIBOLE & ELYSE RESCH

As you get to know your characteristics of fullness, you'll feel more confident in determining when to stop eating based on those cues. Consider the following *suggested* fullness scale to understand the range of fullness, and common thought & sensations. How does it compare to your experience?

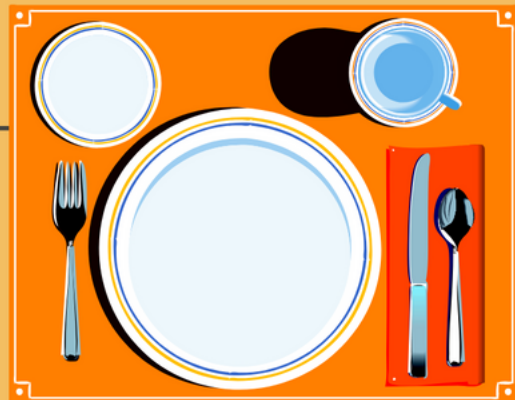
6 *Beginning to feel emerging fullness.*

7 *Comfortable fullness. You feel satisfied and content.*

8 *A little too full. This doesn't feel pleasant, but it has not quite emerged into an unpleasant experience.*

9 *Very full, too full. You feel uncomfortable, as if you need to unbutton your pants or remove your belt.*

10 *Painfully full, stuffed. You may feel nauseous.*





THREADS TO FOLLOW

IV. As you continue to "reject the diet mentality", it helps to diversify your social media feed and start building your "anti-diet" and fat-positive community. The following organizations and individuals will provide additional information, contacts, articles, and more, to help you take practical steps towards incorporating Health at Every Size, Anti-diet, and Fat-positive concepts into your life. It's also important to curate your social media feed to filter out Diet Culture content, and to include more images and perspectives of folks of all sizes, races, ethnicities, genders, and abilities. This helps to normalize body diversity and challenges the exclusionary and oppressive values and standards that we have inherited from Diet Culture.

ORGANIZATIONS & WEBSITES

- Intuitive Eating Website: www.Intuitiveeating.org
- Association for Size Diversity and Health (ASDAH): <https://asdah.org>
- National Association to Advance Fat Acceptance (NAAFA): <https://naafa.org>
- National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org>
- Project Heal: <https://www.theprojectheal.org>
- Eating Disorder Registered Dietitians & Professionals (EDRDPRO): <https://edrdpro.com/resources/haes-informed-websites/>
- More-Love (resource for parents): <https://more-love.org>
- Academy for Eating Disorders (AED): <https://www.aedweb.org/home>
- BIPoC Eating Disorders Conference: <https://bipoceatingdisorders.showit.site>
- The Center for Mindful Eating: <https://www.thecenterformindfuleating.org>
- FEDUP- Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective: <https://fedupcollective.org>
- The Body Positive: <https://thebodypositive.org>
- Alimentación Conectada - Mindful eating resources in Spanish: <https://alimentacionconectada.com>
- Weight Inclusive Nutrition and Dietetics (WIND): <https://weightinclusivenutrition.com>
- Weight Neutral For Diabetes Care (WN4DC): <https://www.wn4dc.com>
- Inclusive Diabetes Care (IDC): <https://www.inclusivediabetescare.com>
- Health at Every Size Based Guides for Medical Conditions: <https://haeshealthsheets.com>
- Find a HAES informed health provider: <https://asdah.org/haes-professional/>
- Find a Certified Intuitive Eating Counselor: <http://www.intuitiveeating.org/certified-counselors/>
- What to say at the doctors, by Raegen Chasten: <https://danceswithfat.org/2013/04/01/what-to-say-at-the-doctors-office/>
- Raegen's "Weight & Healthcare" Newsletter: <https://weightandhealthcare.substack.com/>
- Washington University Fat Liberation Self-Study Guide: <https://students.wustl.edu/fat-liberation-self-study-guide/>



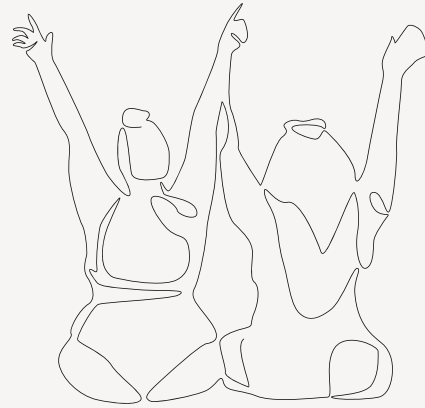
**Bookmark
these!**



THREADS TO FOLLOW

SHIFT YOUR SOCIAL MEDIA FEED

- Kellie B (@itsmekellieb)
- Neha Parulkar (@nehaparulkar)
- Megan Jayne Crabbe (@meganjaynecrabbe)
- Laura Burns (@radicalbodylove)
- Stephanie Yeboah (@stephanieyeboah)
- Michelle Elman (@michelleelman)
- Marquisele Mercedes (@fatmarquisele)
- Da'shaun Harrison (@dashaunlh)
- Caleb Luna (@dr_chairbreaker)
- Naomi Tapia (@yourlatinxaestherapist)
- Raegen Chastain (@raegenchastain)
- Lauren Merklin (@antidietfatty)
- Heather Caplan (@heatherrdrcd)
- Kimmie Singh (@bodyhonor nutrition)
- Allilisa Fernandez (inspirationalmentalhealth)
- Imani Barbarin (@crutches_and_spice)
- Anna Sweeney (@dietitiananna)
- Lauren Leavell (@laurenleavellfitness)
- Wendy Lopez & Jessica Jones (@foodheaven)
- Hannah Fuhlendorf (@hannahtalksbodies)
- Sonya Renee Taylor (@sonyareneetaylor)
- Jessica Wilson (@jessicawilson.msrd)
- Vinny Welsby (@fierce.fatty)
- Jess Campbell (@haesdoctor)
- Jessamyn Stanley (@mynameisjessamyn)
- Gregory Dodell (@everything_endocrine)
- Whitney Trotter (@whitneytrotter.rd)
- Bryan Lian (@b3.lian)
- Giva Wilkeerson (@givewilkerson)
- Brittany Cannon (@brittany_cannon)
- Pia Schiavo-Campo (@mixedfatchick)
- Nic McDermid (@nic.mcdermind)
- Jamie Lee (@jamieleeinkc)
- Alissa Ramsey (@alissarumseyrd)
- Shelby Gordon (@fit.flexible.fluid)
- Naureen Hunani (@rds_for_neurodiversity)
- Syd Yang (@bluejaquarlove)
- Nia Patterson (@niapattersondesigns)
- Alishia McCullough (@blackandembodied)
- Maureen Hunan (@rds_for_neurodiversity)
- Sonalee Rashatwar (@thefatsextherapist)
- Ericka Leonard (@joiedevivretherapy)
- Angela Braxton-Johnson (@abundantfatness)
- Savala Nolan (@notquitebeyonce)
- Debbie Lesko (@diets_dont_work_haes1)





until next week!

“We take it as self-evident that people take better care of the body that they accept and love now than one that they are punishing for being the source of their ill treatment at the hands of other people.”

-Deb Burgard
The Fat Studies Reader

