

BEYOND THE PLATE WORKBOOK

2022



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PART 1

the pandemic, diets, and
"health"





REFLECTION QUESTIONS

Congratulations on completing Part 1 of the "Beyond the Plate" workshop series! In this first presentation, we introduced the "Diet" approach to food and health, the physical and mental health impacts of dieting and intentional weight loss, food and body-related challenges and trends during the Covid-19 Pandemic. Finally, there was a brief introduction to an alternate "non-diet" approach to food, nutrition, and health.

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. (Some questions were adapted from the Intuitive Eating Workbook, by Evelyn Tribole & Elyse Resch.)

I. We'll begin by exploring your own food and body story. Review the following questions, and answer those that you feel comfortable answering. 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.



YOUR RELATIONSHIP TO FOOD

1. How would you describe your relationship to food?
2. Do you find any aspect of eating stressful? (affordable food, grocery shopping, cooking food, meal planning, diet, food rules, weight concerns, nutrition, health concerns, etc...) How has this impacted your relationship to food?
3. Have you ever tried to change the way you eat? How come? What happened?
4. If you have been on a diet before, how did it affect your social life? How did it affect your eating behaviors? How did it affect your mood or mind? How did it affect you, physically?
5. Did you experience any drastic shifts in eating or activity patterns or behaviors? Did you experience any challenges in your life that impacted your food choices or eating habits during the Covid-19 Pandemic?



REFLECTION QUESTIONS

YOUR RELATIONSHIP TO YOUR BODY



6. How would you describe your relationship to your body?
7. What are your beliefs about weight loss, in general? What are your beliefs about your own weight loss?
8. Where did your beliefs about weight loss come from? What is their origin?
9. How have your beliefs about weight loss affected you? Have you ever put some aspects of your life on hold until you lose weight (such as pursuing jobs, relationships, or activities)?
10. Reflect upon your responses to question 9. What would you need in order to explore your desired pursuits in your current body?"?
11. Think about times when you were struggling with your eating or body image. How do you typically respond? Write down what you typically do and what you say to yourself. Be sure to notice the tone of your thoughts-- are they harsh and intense or gentle and kind?
12. If you had a dear friend or loved one who was struggling with their eating or body image, how would you respond? Write down what you would say to your friend. Also note the tone you would use with a friend or loved one-- is it harsh or kind? How does this compare to your answer for question 11?



REFLECTION QUESTIONS

II. Part of the "Non-diet" process is redefining your idea of "health" and "progress". When we choose to shift our focus away from weight loss or calorie tracking, we get to identify other parts of our health or wellbeing that we want to monitor to measure progress.

One way to measure progress is to fill out the "Intuitive Eater Assessment Scale". If you'd like to use this tool to assess your eating behaviors and relationship to your body, you can find that on the next page (**page 5**).



REDEFINING "HEALTH"

13. How would you describe your happiest, healthiest version of yourself? How would you feel? How would you like to spend your time? What do you need to live a good quality life?

14. Do you have any behaviors, habits, or other aspects of your lifestyle that would you like to adjust? Describe below.

15. Are there any challenges or barriers that affect your food choices, physical activity routine, sleep quality, or other aspects of wellness?



REDEFINING "PROGRESS"

16. How have you been measuring progress in terms of diet, nutrition, or health? Does this work for you? Why or why not?

17. How might you like to redefine "success"? Refer to questions 13 and 14 to consider possible health & happiness goals.

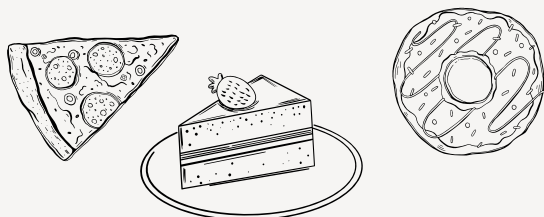
INTUITIVE EATER ASSESSMENT SCALE

This assessment is adapted from Tracy Tylka's research on Tribole and Resch's model of Intuitive Eating (Tylka 2006; Tylka and Kroon Van Diest 2013; Tribole and Resch 1995, 2012).

III. If you are aiming to improve your relationship to food or body, this assessment scale may help identify areas to focus on. In the following table, statements are grouped into three core characteristics of Intuitive Eaters. Answer yes or no for each statement. If you are unsure of how to respond to a statement, that's okay. Select yes or no depending on how you feel MOST of the time.

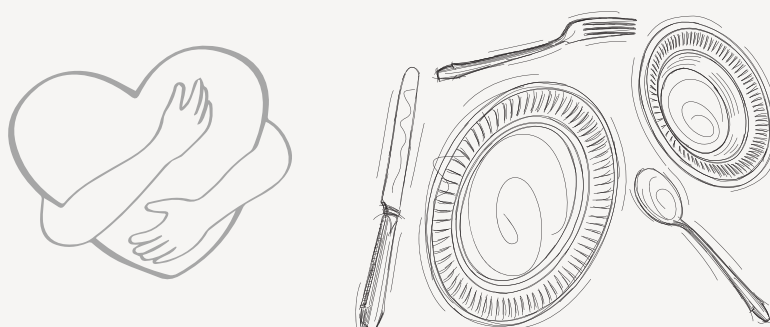
SECTION 1. UNCONDITIONAL PERMISSION TO EAT

- | | | |
|---|------------------------------|-----------------------------|
| 1. I try to avoid certain foods high in fat, carbs, or calories. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. If I am craving a certain food, I don't allow myself to have it. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. I get mad at myself for eating something unhealthy. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. I have forbidden foods that I don't allow myself to eat. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. I don't allow myself to eat what food I desire at the moment. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. I follow eating rules or diet plans that dictate what, when, and how to eat. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |



SECTION 2. EATING FOR PHYSICAL RATHER THAN EMOTIONAL REASONS

- | | | |
|---|------------------------------|-----------------------------|
| 1. I find myself eating when I'm feeling emotional (i.e. anxious, sad, depressed), even when I'm not physically hungry. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. I find myself eating when I am lonely, even when I'm not physically hungry. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. I use food to help me soothe my negative emotions. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. I find myself eating when I am stressed out, even when I'm not physically hungry. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. I am not to cope with my negative emotions (e.g. anxiety and sadness) without turning to food for comfort. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. When I am bored, I eat just for something to do. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. When I am lonely, I turn to food for comfort. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 8. I have difficulty finding ways to cope with stress and anxiety, other than by eating. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |



INTUITIVE EATER ASSESSMENT SCALE

SECTION 3. RELIANCE ON INTERNAL HUNGER AND SATIETY CUES

1. I trust my body to tell me when to eat.
2. I trust my body to tell me what to eat.
3. I trust my body to tell me how much to eat.
4. I rely on my hunger signals to tell me when to eat.
5. I rely on my fullness (satiety) signals to tell me when to stop eating.
6. I trust my body to tell me when to stop eating.

<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO



SECTION 4. BODY-FOOD CHOICE CONGRUENCE

1. Most of the time, I desire to eat nutritious foods.
2. I mostly eat foods that make my body perform efficiently (well).
3. I mostly eat foods that give my body energy and stamina.

<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO
<input type="checkbox"/> YES	<input type="checkbox"/> NO



INTUITIVE EATER ASSESSMENT SCALE

SCORING

For Sections 1 and 2. Add up your **yes** responses and write it in the right-hand boxes below. Each **yes** statement indicates an area that likely needs some work.

- | | Total YES Responses |
|--|----------------------|
| • <u>Section 1:</u> Unconditional Permission to Eat (six statements) | <input type="text"/> |
| • <u>Section 2:</u> Eating for Physical Rather than Emotional Reasons (eight statements) | <input type="text"/> |

For Sections 3 and 4. Add up your **no** responses and write it in the right-hand boxes below. Each **no** statement indicates an area that likely needs some work.

- | | Total NO Responses |
|---|----------------------|
| • <u>Section 3:</u> Reliance on Internal Hunger Cues (six statements) | <input type="text"/> |
| • <u>Section 4:</u> Body-Food Choice Congruence (three statements) | <input type="text"/> |

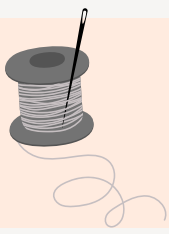
It will be helpful to periodically retake this assessment to track your progress. You can record and compare your scores below.

Date of Assessment

Aug. 18 2022	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Section Totals

- | | | | | |
|--|----------------------|----------------------|----------------------|----------------------|
| • <u>Section 1:</u> Unconditional Permission to Eat (Total of Yes Answers) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| • <u>Section 2:</u> Eating for Physical Rather than Emotional Reasons (Total of Yes Answers) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| • <u>Section 3:</u> Reliance on Internal Hunger Cues (Total of No Answers) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| • <u>Section 4:</u> Body-Food Choice Congruence (Total of No Answers) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

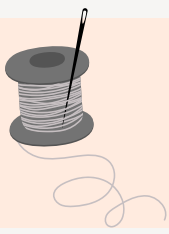


THREADS TO FOLLOW

IV. As you begin "rejecting the diet mentality", it helps to supplement your learning with a variety of perspectives. The following books and podcasts can provide additional insight into the history, experience, science, culture, and politics related to diet, health, and our bodies. These are all individuals who I have learned from, who have been storytelling, studying, teaching, and advocating for body liberation, dignity, respect, and justice for themselves and others. I hope you find these helpful as you begin your own journey!

BOOKS

- The Original Intuitive Eating Book by Evelyn Tribole, MS, RD & Elyse Resch, MS, RD
- The Intuitive Eating Workbook by Tribole & Resch
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating by Christy Harrison, MPH, RD, ODN
- Body Kindness by Rebecca Scritchfield, RDN
- Just Eat It by Laura Thomas
- Nourish by Heidi Schauster, MS, RDN, CEDRD-S
- Eat to Love by Jenna Hollenstein, RN
- Decolonizing Wellness by Dalia Kindsey, RD, LD
- The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor
- Belly of the Beast by Da'Shaun L. Harrison
- Fearing the Black Body by Dr. Sabrina Strings
- Hunger by Roxane Gay
- Unshamed by Leah Vernon
- Fat Girls in Black Bodies: Creating Communities of Our Own by Arlene Renee Cox, Ph.D
- Heavy: An American Memoir by Kiese Laymon
- What We Don't Talk About When We Talk About Fat by Aubrey Gordon
- Fat and Queer: An Anthology of Queer and Trans Bodies and Lives by Miguel M. Morales
- Bad Fat Black Girl: Notes from a Trap Feminist by Sesali Bowen
- Don't Let It Get You Down: Essays on Race, Gender, and the Body by Savala Nolan
- Thick: And other essays by Tressie McMillan Cottom
- Body Stories: In and Out and With and Through Fat
- Heavy Burdens: Seven Ways LGBTQ Christians Experience Harm in the Church by Bridget Eileen Rivera
- The Embodiment of Disobedience: Fat Black Women's Unruly Political Bodies by Andrea Elizabeth Shaw
- Big: Stories About Life in Plus-size Bodies by Christina Myers
- Fatty Fat Fat by Katie Greennall
- Revenge Body by Caleb Luma
- Fat Activism by Charlotte Cooper
- Queering Fat Embodiment by Cat Pausé, Jackie Wykes, and Samantha Murray
- What's Wrong with Fat by Abigail O. Sağuy
- Oppression And the Body: Roots, Resistance, and Resolutions by Christina Caldwell, Lucia Bennett Leighton



THREADS TO FOLLOW

PODCASTS

- Food Heaven hosted by Wendy Lopez and Jessica Jones
- Intuitive Bites hosted by Kirsten Ackerman
- Unsolicited: Fatties Talk Back hosted by Marquisele Mercedes, Da'Shaun L. Harrison, Caleb Luna, Bryan Guffey, & Jordan Underwood
- How to Love Your Body hosted by Jenna Free and Jenna Mcauly
- Find Your Food Voice hosted by Julie Duffy Dillon
- BodyLove Project hosted by Jessi Hauggerty
- Unpacking Weight Science hosted by Fiona Willer
- Food Freedom hosted by Dylan Murphy
- The Food Freedom Habit Podcast hosted by Lydia Knight
- The Food Freedom/Body Love Podcast hosted by Dr. Jillian Murphy
- Dietitian's Unplugged hosted by Aaron Flores & Glenys Oyston
- Fat. So? hosted by Ameya Nagarajan and Pallavi Nath
- Break the Diet Cycle hosted by Dalina Soto and Melissa Landry
- Food Psych Podcast hosted by Christy Harrison
- The Full Bloom Podcast hosted by Zoë Bisbing





until next week!

"Equally damaging is our insistence that all bodies should be healthy. Health is not a state we owe the world. We are not less valuable, worthy, or lovable, because we are healthy. Lastly, there is no standard of health that is achievable for all bodies."

-Sonya Renee Taylor

The Body is Not an Apology: The Power of Radical Self-Love

