

2023

BEYOND THE PLATE: A COMPASSIONATE WAY FORWARD

Workbook

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WEEK 2





REFLECTION QUESTIONS



WHAT IS "HEALTHY EATING?"

Congratulations on completing Week 2 of "Beyond the Plate: A Compassionate Way Forward"!

In this second presentation, we introduced a "non-diet," weight-neutral approach to healthy eating. 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 diet histories; while *practicing* acceptance, non-judgemental curiosity, self-compassion, and exploration. This workbook will provide supplemental reflection prompts for those who want to further explore these concepts.

I. Whether or not you are actively dieting, there may be some tools of dieting in your life that are impacting your relationship to your food and body. Check all that apply from the list below. *(Some questions were adapted from the Intuitive Eating Workbook, by Evelyn Tribole & Ellyse Resch.)*



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.
18. I save books on various diets and dieting plans.
19. I collect low-calorie recipes to help lose weight.
20. I take supplements, including teas, which are supposed to burn fat, speed metabolism, or help lose weight.



REFLECTION QUESTIONS

II. While some food beliefs are authentic and in-line with our values and support our wellbeing, others may be too rigid and cause stress or food preoccupation. Bringing awareness to the food rules we've inherited is the first step. Then we can evaluate whether they are helpful or harmful.

In this section, we will unpack more about your food rules to understand more about their impact on your wellbeing. We will also reflect on the origins and source of these food rules. From here, you can begin redefining "healthy eating" in a way that supports your whole self, and honors your personal values, preferences, needs.



AUTHENTIC HEALTH

21. Review your response to Part I above. Did you make any selections? Do any of your selections feel like healthy beliefs or behaviors? In what way?

22. Have any of these diet tools negatively impacted your wellbeing? Consider impacts on your emotional, social, physical, or financial wellbeing.

23. Can you identify the source of these beliefs or behaviors? For example, if you avoid carbohydrates, is there a particular person, article, movie, etc. that recommended this to you?



REFLECTION QUESTIONS

24. How do you critically evaluate the source and scientific merit of the nutrition information you receive from news, social media, friends, family, or healthcare professionals? Do you try to find scientific rationale to support it? Or have you absorbed what others have said without realizing it?

25. If you receive information that seems scientifically valid, do you evaluate how you will feel physically or emotionally if you choose to follow the food recommendation? Do you consider whether it will feel restrictive or stressful? Do you feel willing to make sacrifices to eat this way? Does it contribute to how you view yourself (e.g., you are a good person for eating this way)?



REFLECTION QUESTIONS

26. List other factors that impact your food beliefs and choices. For example, do you hold particular cultural beliefs, ethical or religious values (e.g., Halal, Kosher, vegetarian)? Do you have special dietary needs due to a medical condition or allergy? What are some of your favorite foods? Do you practice special traditions or rituals that revolve around food? Feel free to list other food factors that are important to you.

27. Are there other circumstances that impact your food choices, such as your schedule, budget, kitchen abilities, energy level, neighborhood options? These are important considerations when determining your own healthy eating pattern. We will explore this more in Week 3.



REFLECTION QUESTIONS

III. Gentle Nutrition is a principle from Intuitive Eating that explores the role of nutritious foods and "play foods" (*all foods fit!*). Each person is working within their own circumstances, and thus, healthy eating looks a lot of ways. Consider the following questions to begin reflecting on what variety, moderation, and balance mean for you. These are not rigid concepts that are supposed to serve as food rules. *I suggest using this as a starting point, and to continue exploring non-diet concepts using the supplemental resources shared in the Week 1 and Week 2 workbooks.*

GENTLE NUTRITION



28. When you hear the word "variety," what comes to mind? Does it sound like it might be difficult to achieve? Or does the idea of eating a variety of foods make sense to you? Why?

29. Do you have any interest in increasing the variety of your foods? If so, is there anything that might prevent you from doing this? How can you increase the variety of your foods?



REFLECTION QUESTIONS

30. Now think about "moderation." What does it mean to you? Does it bring up any feelings of restriction?

31. Do you feel like you are not eating moderately right now? Why/why not? What does eating moderately feel like? What does not eating moderately make you feel like? What do you think you need help with?



REFLECTION QUESTIONS

32. When you think of "balance," do you have concerns that each meal has to be perfectly balanced? Or do you think of balance in broader terms?

33. Think about a typical week. In that week, do you believe that you get the balance you need? Why or why not? What adjustments might make your food choices feel more balanced?



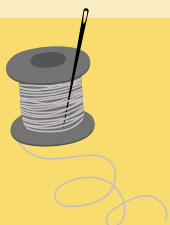
THREADS TO FOLLOW

IV. As you continue to redefine your concepts around nutrition and health, it helps to diversify your social media feed and start building your "non-diet" community. The following organizations and individuals will provide additional information, contacts, articles, and more, to help you take practical steps towards incorporating weight-neutral and non-diet 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 health and beauty standards that we have inherited.

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>
- Body Reborn Restorative Space for People of Color with Disordered Eating: <https://www.bodyreborn.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 Chastain: <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/>
- Multi-Service Eating Disorders Association (MEDA) <https://www.medainc.org>
- Nalgona Positivity Pride, Trauma-informed, Harm-reduction support for Eating Disorders <https://www.nalgonapositivitypride.com>

**Bookmark
these!**



THREADS TO FOLLOW

SHIFT YOUR SOCIAL MEDIA FEED

- Neha Parulkar (@nehaparulkar)
- Martinus Evans (@300poundsandrunning)
- Laura Burns (@radicalbodylove)
- Stephanie Yeboah (@stephanieyeboah)
- Michelle Elman (@michelleelman)
- Marquisele Mercedes (@fatmarquisele)
- Da'shaun Harrison (@dashaunlh)
- Caleb Luna (@dr_chairbreaker)
- Naomi Tapia (@yourlatinxhaestherapist)
- Ra'gen Chastain (@ragenchastain)
- Lauren Merklin (@antidietfatty)
- Jeff Jenkins (@chubbydiaries)
- Kimmie Singh (@bodyhonor nutrition)
- Allilsa 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)
- Jeff Ash (@intuitive.eating.men)
- Jessamyn Stanley (@mynameisjessamyn)
- Gregory Dodell (@everything_endocrine)
- Whitney Trotter (@whitneytrotter.rd)
- Ari Seth Cohen pro-aging account (@advancedstyle)
- Bryan Lian (@b3.lian)
- Giva Wilkeerson (@givewilkerson)
- Brittany Cannon (@brittany__cannon)
- Pia Schiavo-Campo (@mixedfatchick)
- Fat Art History (@fatarthistory)
- Jamie Lee (@jamieleeinko)
- Jocelyn Lee body photographer (@jocelynleephotoğrafy)
- Shelby Gordon (@fit.flexible.fluid)
- Naureen Hunani (@rds_for_neurodiversity)
- 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!

Food is more than just nutrients. Food is about joy, satisfaction, comfort, and connection with culture too. It's more than okay to enjoy foods that check those boxes—whether or not they're considered fresh or whole, packaged or processed.

-Shana Minei Spence

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@thenutritiontea

