

# BARIATRIC AND METABOLIC SURGERY

*Upstate Community Hospital*



## Am I Hungry?

### *Mindful Eating for Bariatric Surgery*

Intuitive eating was a term first coined in 1995 by two registered dietitians, Evelyn Tribole and Elyse Resch. As an evidenced based approach to eating, rather than focusing on external cues to guide your eating choices, instead intuitive eating encourages trusting your own body and instincts when making food-based choices. Rather than focusing on how to change your body, intuitive eating eases the pressures of unrealistic body image standards and weight loss goals. It shifts the focus on understanding how to feel good in the body that you are in. Discovering and understanding how different foods and dietary practices affect an individual is a journey of self-discovery that does not happen overnight. Intuitive eating allows individuals to develop a positive relationship with not only food but with themselves as well.

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**AM I HUNGRY? MINDFUL  
EATING FOR BARIATRIC  
SURGERY**

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**DIETING VS. MINDFUL  
EATING**

By focusing on healthy goals rather than limiting caloric intake, individuals can begin to understand and answer questions such as: Why do I want to lose weight? What have I learned from my previous dieting experiences? What other ways can I achieve my goals without focusing on body size? Intuitive eating allows individuals to feel more in control when it comes to making dietary choices ultimately building their confidence as they maintain healthy long-term behaviors. This non-dietary approach encourages and teaches individuals how to mindfully identify and pay attention to internal hunger cues by honoring one's hunger and ultimately reducing the chances of overeating at the next meal. Food is meant to be an enjoyable part of life. Thus, there is no need to label food as being "good" or "bad", but it is important to eat foods that will nourish and promote good health and wellbeing. Focus on how certain foods make you feel good. Your body will tell you when it has had enough. It is highly encouraged that individuals work with a registered dietitian who can serve as a reliable and credible source for information and coping strategies when implementing this dietary practice.

## Mindful Eating Cycle

Why do I eat?

How often do I eat?

What do I eat?

How do I eat?

How much do I eat?

May, Michelle. "Am I Hungry? Mindful Eating Programs and Training." Am I Hungry?, 19 May 2021, <https://amihungry.com/>.

