



Week One: Introduction

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Our Introductions

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DISCLAIMER

This course is meant to help those who have struggled with body image acceptance, fear foods, social eating. We are here to celebrate what our bodies can do when we are well nourished and in alignment with our joy. In the presentations to come, we will discuss eating disorders and disordered eating. If this is triggering to you, please email us privately and we will discuss how to support you or refer you out.

This course is not meant to diagnose or treat anyone with an active eating disorder. It is meant to help who may have negative feelings around food and their body image. If this sounds like you, please refer out to a licensed eating disorder care team.

Your Introductions

Tell us your name, where you're from, something about yourself, and what you're looking to learn from this experience!

Course Objectives and Expectation

- Learn to shift towards body neutrality or positivity
- Gain comfortability around a variety of foods
- Learn to trust your dietary intuition
- Make nourishing food decisions
- Learn to appreciate your body for it's function over form
- Develop a safe & neutral relationship with food & body
- Learn to accept or understand your body on a deeper level



Weekly Materials and Processes

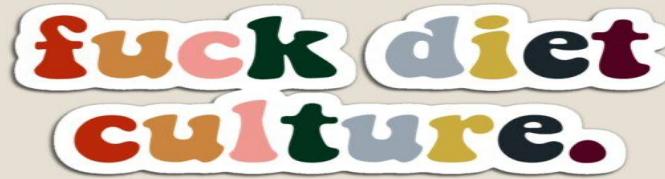
- Weekly Presentations - Wednesdays at 6:00pm EST 1/26-3/16
- Workbook
- Facebook Group & FB message access (Monday-Thursday 10-5pm)
- Guest Lectures- Monday 2/21 & Monday 2/28 at 6:00 pm
- Group Accountability

By The End of This Experience, You Will...

- Learn to give the middle finger to food myths, fad diets, and physical expectations on what you “should” look like
- Appreciate your food past and how it will help you get to your food future
- Go out to eat with less, or no guilt at all
- Feel more comfortable with social food situations
- Understand that nutrition is a physical, emotional, and spiritual embodiment of who we are!!!!

What You Won't Get...

- A Meal Plan
- Macros/ Macronutrients to follow
- New triggers, fear foods, or a shameful outlook on body image/food

A sticker with the text "fuck diet culture." in a colorful, bubbly font. The words "fuck" and "culture." are on the bottom line, and "diet" is on the top line. The colors of the letters are: 'f' (orange), 'u' (pink), 'c' (green), 'k' (dark green), 'd' (grey), 'i' (yellow), 'e' (dark red), 't' (dark red), 'c' (orange), 'u' (pink), 'l' (green), 't' (dark green), 'u' (grey), 'r' (yellow), 'e' (dark red), and a period (dark red).

fuck diet
culture.

Thought Prompt and Reflection

“Feeling guilty for eating when you are hungry is like feeling guilty for breathing when your lungs need oxygen. We have been taught to be ashamed of our basic human needs. Refuse to feel shame. You are allowed to eat” .-Kristen Fuller, MD

How did that quote
make you feel?

Food Myth Activity

What are some food myths you have heard in your life? Write them down.

How have they impacted your relationship with food?

Food Myth Activity

Now.... Take that paper.... And:

Rip it

Destroy it

Do whatever you need to do to ELIMINATE it from your life



What If We Told You...

That you don't have to:

Avoid Foods

Avoid Social Eating

Crash Diet

Eat 100% Organic

Or Guilt Exercise.....

And If Someone Told You....

That you have to do any of this:

To Fit In

To Look Good

To Get A Significant Other.....

Then you have to cancel them

Chronic Dieting

Chronic Dieting is often referred to as Yo-Yo Dieting

Yo-Yo Dieting occurs when someone **repeatedly** goes from a caloric deficit (consumes less energy and calories than they need to maintain their weight) to caloric maintenance or a caloric surplus (consumes more energy and calories than they need to maintain their weight).

This typically leads to little to no changes over time, if anything, the individual may be at a total net weight increase.

Chronic Dieting

Why are we talking about weight? Calories? And Diets?

Because diets never work, so why do them? The goal of life is to appreciate what our bodies are capable of, not to punish it.

Chronic Dieting

Less than 20% of people who go on a “diet”, even over time, keep the weight off

In fact, most people gain some weight

Why?

Cycle of dieting



Chronic Dieting

Because each time we go below our calorie needs for an elongated period of time, our body reacts metabolically by lowering our energy needs.

- This lowering of energy intake is referred to as a “Decrease in BMR”

It's your body's way of saying “please stop it now, this is not enough for me. You are leaving me with no choice but to hold on to each and every calorie.”

When the individual has a food craving, they are more likely to binge on the craving. This results in an uncontrollable need to eat what is desired.

Chronic Dieting

Chronically dieting is a state of chronic stress

Chronic stress also impacts our ability to lose weight due to the way stress locks our body into a survival response, which in turn, slows our metabolism down.

Our bodies only know how to keep us alive the best it can with the tools and environment it is given to adapt to.

But why choose to survive when we can thrive?

Chronic Dieting

When we go without foods we enjoy for long periods of time, or anything we enjoy, we will crave something to provide us with that joy.

This is because we crave Dopamine-

Dopamine is a neurotransmitter that responds to feeling good. When we enjoy something, we get a huge rush of dopamine.

Chronic Dieting

What increases dopamine?

- Drugs
- Alcohol
- Adventure
- Sugar
- Fat
- Salt

(Anything super duper fun really)

Chronic Dieting

When we are chronically underfed, it is harder for us to experience joy, and a neutral relationship with dopamine.

If you eat cake when you want cake, you probably won't seek the dopamine high then if you avoided cake for a month.

This builds a healthy relationship + trust between an individual and a fear or binge food.

Why We Need Adequate Nutrients & Calories

Malnutrition is a major side effect of long term underfeeding, **chronic dieting**, or lack of access to nutritionally adequate food (due to finances or location). It can also result from disordered eating patterns.

Malnutrition, includes undernutrition (wasting, stunting, underweight), inadequate vitamin or mineral status, overweight, obesity, and can result in diet-related noncommunicable diseases (Heart Disease, Diabetes).

Malnutrition can lead to a slew of complications associated with increased medical costs, decreased recovery, and nutrient imbalances.

Why We Need Adequate Nutrients & Calories

According to the WHO:

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. The term malnutrition addresses 3 broad groups of conditions:

1. Undernutrition/ Underfeeding

2. Micronutrient-related malnutrition- a lack or excessive intake of essential vitamins and minerals

3. Overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and some cancers).

Why We Need Adequate Nutrients & Calories

Per “Malnutrition: Causes and Consequences”, from the Clinical Journal of London, Malnutrition:

1. Decreased muscle tissue
2. Decreased organ function and mass
3. Decreased heart (cardiorespiratory) and kidney function
4. Decreased colonic reabsorption of salt/h₂O

(Cont. on next slide)

Why We Need Adequate Nutrients & Calories

5. Decreased pancreatic function, lowering digestive enzymes
6. Decreased immunity and wound healing
7. Decreased brain function; increased mental fatigue
8. Brittle nails, decreased skin turgor

The hormones regulating key functions—like ovulation, metabolism, and even mood—are incredibly sensitive to your energy intake.

In fact, changing how much—and even when—you eat can negatively impact your reproductive hormones.

Questions, Reflections, Thoughts, Stories?

