

Mindful Eating: Enjoying Food for Health

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We'll talk about:

- Nutrition factors that impact cancer prevention, survivorship
- Mindfulness origins and practices
- Using mindfulness to improve eating habits

Connecting the Research Dots...

- Where's the evidence?



BODY FATNESS, AND THE RISK OF CANCER

In the judgement of the Panel, the factors listed below modify the risk of cancer. Judgements are graded according to the strength of the evidence.

	DECREASES RISK		INCREASES RISK	
	Exposure	Cancer site	Exposure	Cancer site
Convincing			Body fatness Abdominal fatness	Oesophagus ¹ Pancreas Colorectum Breast (postmenopause) Endometrium Kidney Colorectum
Probable	Body fatness	Breast (premenopause)	Body fatness Abdominal fatness Adult weight gain	Gallbladder ² Pancreas Breast (postmenopause) Endometrium Breast (postmenopause)
Limited — suggestive			Body fatness Low body fatness	Liver Lung
Substantial effect on risk unlikely	None identified			

1 For oesophageal adenocarcinomas only.

2 Directly and indirectly, through the formation of gallstones.



 American Institute for Cancer Research®

10 CANCER PREVENTION RECOMMENDATIONS

-  **MAINTAIN A HEALTHY WEIGHT**
-  **MOVE MORE**
-  **EAT WELL**
-  **ENJOY A PLANT BASED DIET**
-  **REDUCE RED MEAT, AVOID PROCESSED MEAT**
-  **CUT DOWN ON ALCOHOL**
-  **EAT LESS SALT**
-  **AFTER TREATMENT, CANCER SURVIVORS SHOULD FOLLOW THE CANCER PREVENTION RECOMMENDATIONS**
-  **IF YOU CAN, BREASTFEED YOUR BABY**
-  **FOR CANCER PREVENTION DON'T USE SUPPLEMENTS**
-  **aicr.org**
f |  | 
-  **And always remember – do not smoke or chew tobacco.**

CANCER PREVENTION
Together We Can®

Foods That Fight Cancer

UPDATED: Apples

UPDATED: Blueberries

UPDATED: Broccoli & Cruciferous Vegetables

UPDATED: Cherries

NEW: Coffee

UPDATED: Cranberries

Dark Green Leafy Vegetables

UPDATED: Dry Beans and Peas (Legumes)

UPDATED: Flaxseed

Garlic

UPDATED: Grapefruit

Grapes and Grape Juice

Green Tea

UPDATED: Soy

UPDATED: Squash (Winter)

Tomatoes

UPDATED: Walnuts

UPDATED: Whole Grains

 **AICR'S
FOODS THAT FIGHT CANCER™**



Full Glossary for Foods That Fight Cancer

No single food or food component can protect you against cancer by itself. But strong evidence *does* show that a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans helps lower risk for many cancers.

FOODS CAN FIGHT CANCER BOTH DIRECTLY

...

In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Yet evidence suggests it is the synergy of compounds working together **in the overall diet** that offers the strongest cancer protection.

... AND INDIRECTLY

According to AICR/WCRF's second expert report and its updates, carrying excess body fat increases the risk of seven cancers. Vegetables and fruits are low in calories, which help us get to and stay a healthy weight. Whole grains and beans are rich in fiber and

moderate in calories, which also help in weight management efforts.

That is why AICR recommends filling at least 2/3 of your plate with vegetables, fruit, whole grains and beans.

Research on foods that fight cancer – and that may also aid cancer survival – is ongoing and active.

Here is a partial list of the foods we at AICR get asked about most often. Click each one to learn what current science tells us about its potential role in cancer protection. You'll also find links to recent AICR articles, cooking tips, recipes and more.

Take Action

MAKE A GIFT NOW

Your gift now will help further critical

Sign Up For Email Updates:

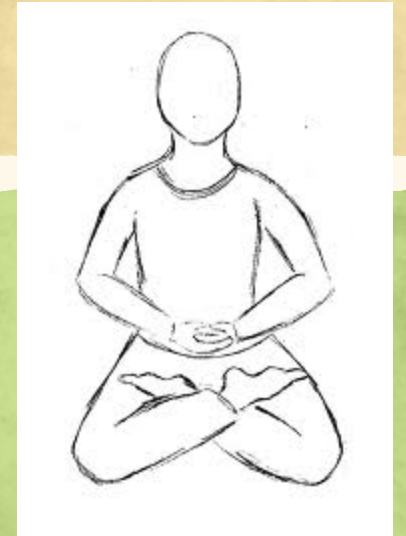
Change is hard!!!

- Knowing what to do is great,
BUT
How to implement change???
- Enter Mindfulness!



What is Mindfulness?

- Origin: Buddhist meditative practices
- Defined as: “basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive... to what’s going on around us”
- A means of cultivating and honing **awareness**



Basic Principles of Mindfulness:

- Mindfulness is:
 - Deliberately paying attention, without judgement.
 - Inclusive of internal processes & external environments.
 - Being aware of what is present mentally, emotionally, physically in each moment.



Basic Principles of Mindfulness (cont'd):

- Mindfulness:
 - Develops the possibility of freeing oneself from reactive, habitual patterns of thinking, feeling & acting.
 - Promotes balance, choice, wisdom and acceptance of what is.



Known Benefits:



- Stress reduction
- Improved memory
- Increased immune function
- Improved focus

Mindfulness Takes Practice...

- Most common practice: Meditation, often centered on the breath
- Mindful Movement: walking, yoga, tai chi
- Guided, such as Body Scanning
- Sensory Awareness



Mindfulness Exercise Steps:



1. Set aside some time, find a quiet space.
2. Sit comfortably in a stable position with back straight, but relaxed.

(adapted from: www.mindful.org)

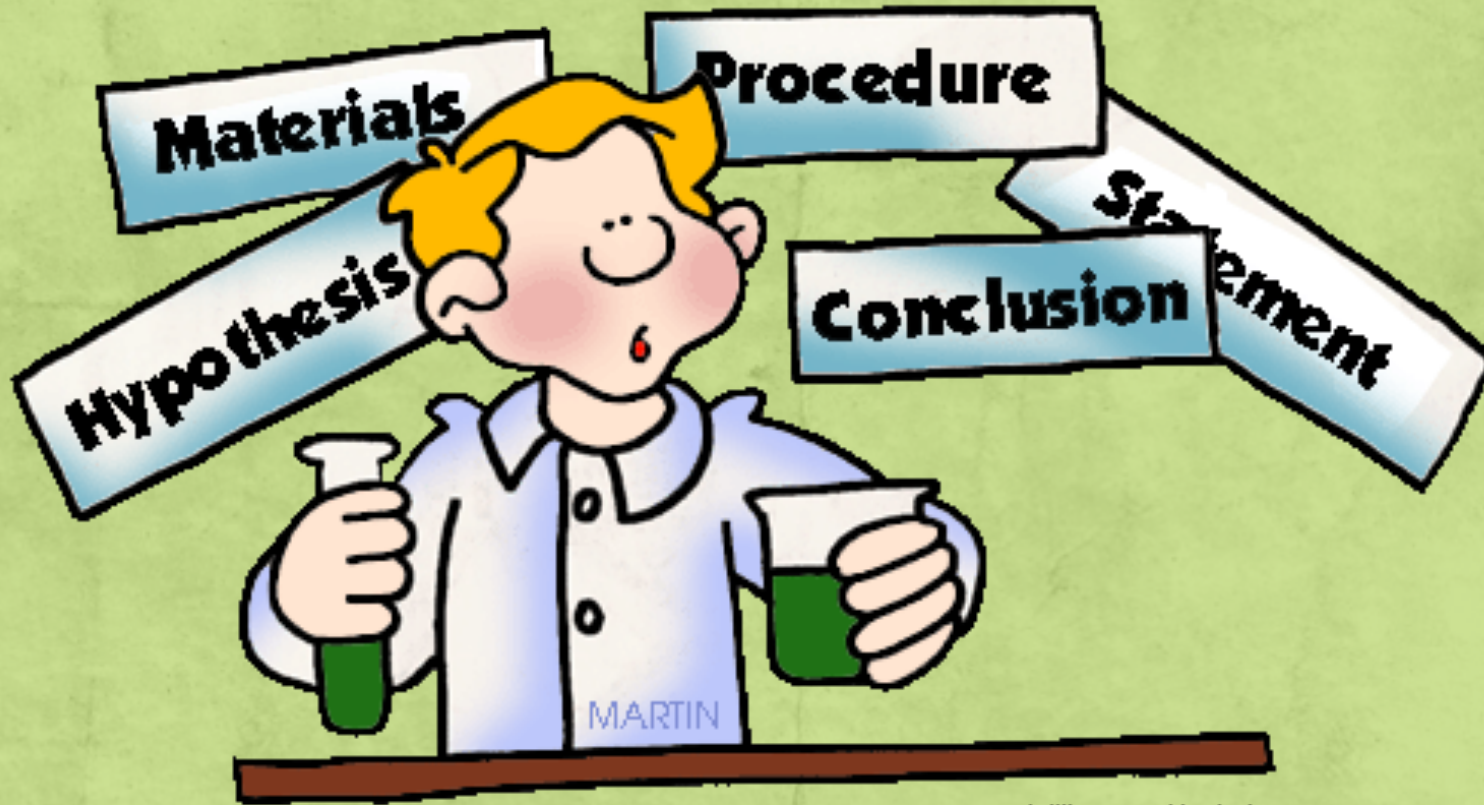
Mindfulness Exercise Steps (cont'd):

4. Observe the moment as it is. Bring attention to the sensation of breathing. (Inhale, Pause, Exhale, Repeat).
5. Notice when your mind wanders from your breathe. Notice any thoughts & let them come and go. You may note responses as: "liking, disliking, or neutral".
6. Gently bring your attention back to the breath.

What is Mindful eating?

- Eating with attention & intention.
- Choosing to eat food you enjoy & that nourishes you.
- Using all senses to explore, savor & taste.
- Acknowledging responses without judgement.
- Becoming aware of hunger & fullness cues to guide decisions to start and stop eating.

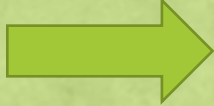
What do the studies say???



Mindfulness Changes Eating Behaviors:

- Review of **21** Mindfulness-Based Interventions
- Results: **86%** were effective
- Conclusion: mindfulness-based interventions were effective for changing obesity-related eating behaviors, specifically binge eating, emotional eating, and external eating.

Mindfulness & Weight Loss after Breast Cancer:

- 22 AA Women, 24 week intervention
- Overall: mindfulness improved, weight loss occurred
- Weight loss  higher mindfulness scores
- “Higher Mindfulness score” group had significant weight loss

Tips for Implementing Mindfulness

- Before Eating:

- Ask, "Am I hungry? Thirsty?" (Know your cues!)



- Select food that takes work



Tips for Implementing Mindfulness

- Before Eating:

- Put leftovers away before eating



- Consider where food comes from

- Give thanks!



Tips for Implementing Mindfulness

- During Meals:
 - Sit at the table!

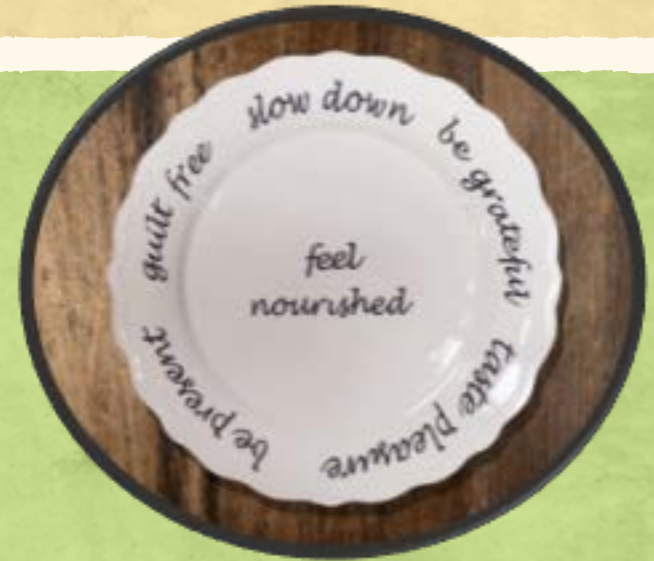


- Turn off devices (phones, tablets, TV).
(Avoid multitasking!)

Tips for Implementing Mindfulness

- During Meals:

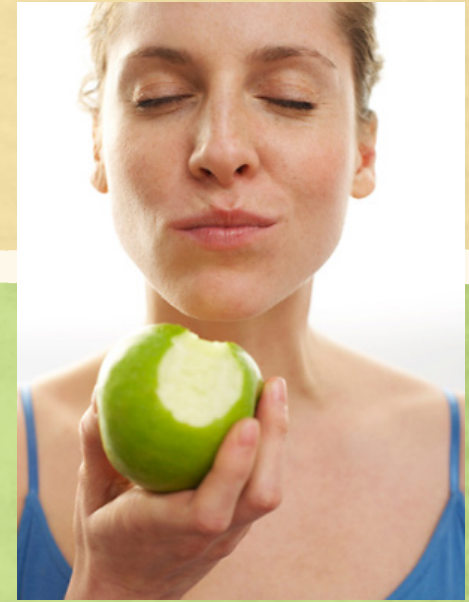
- Use a plate, not the package



- Use different utensils (chopsticks?) or switch hands...



Tips for Implementing Mindfulness



- During Meals:

- Chew more! (15-25 times?)

- Use all your senses: sight, smell, taste, sound.

- Eat in silence for a few minutes, close eyes to savor food

A graphic with the words 'Touch', 'Taste', 'Hear', 'See', and 'Smell' arranged in a circular pattern. 'Touch' is purple, 'Taste' is red, 'Hear' is orange, 'See' is green, and 'Smell' is yellow.

Tips for Implementing Mindfulness

- After:
 - Reflect on your experience.



- Let your mind catch up with your body and your sense of fullness. (wait before deciding to eat more)

MindLESS Eating Exercise...



Mindful Eating Exercise #1:

1. Choose a food.
2. Smell the food.
3. Look at the food. Color, shape, texture?
4. Taste the food – without biting, chewing.
5. Take a bite of the food (not all of it!).
6. Chew the food slowly.
7. Swallow the food.
8. Say the name of the food.
9. ALL while being present, paying attention, and not judging!



The logo for Dove Chocolate, featuring the word "Dove" in a large, elegant, cursive script font, with the word "Chocolate" in a smaller, simpler font underneath it.



(adapted from: goodfoodmama.com)

Mindful Eating Exercise #2:

- Before starting to eat, set a few timers to random times:
3 minutes, 5 minutes, 9 minutes
- When the timer goes off, ask yourself:
 - “Am I eating my food, or am I eating my thoughts?”
 - “Am I eating with attention and intention, or have I forgotten that I’m eating?”
 - “WHERE is my attention?”

For more information:

- www.thecenterformindfuleating.org

- www.amihungry.com

- www.eatingmindfully.com

