

PLEASE DO NOT WEIGH ME TODAY.

**PLEASE DO NOT DISCUSS WEIGHT
MANAGEMENT AS PART OF MY
TREATMENT PLAN.**

If it is truly medically necessary to weigh me, please discuss this with me so that I can provide informed consent and please complete a blind weigh-in.

Created by Katie Haneke, RD



A Non-Diet Approach to Managing Diabetes & Heart Health

Body Brave 2021

Agenda

Welcome

Introductions

Group Norms

Non-Diet Approach

Gentle Nutrition Strategies

Wrap Up & Questions



Land Acknowledgement

Introductions



Group Norms

Confidentiality

Limit use of numbers

Non-diet approach

This is a pro-recovery space

Stay open-minded

Respect one another

**What are you hoping
to learn today?**



What does eating to support/manage diabetes or heart disease mean to you?

Non-Diet Approach

Anti-Diet

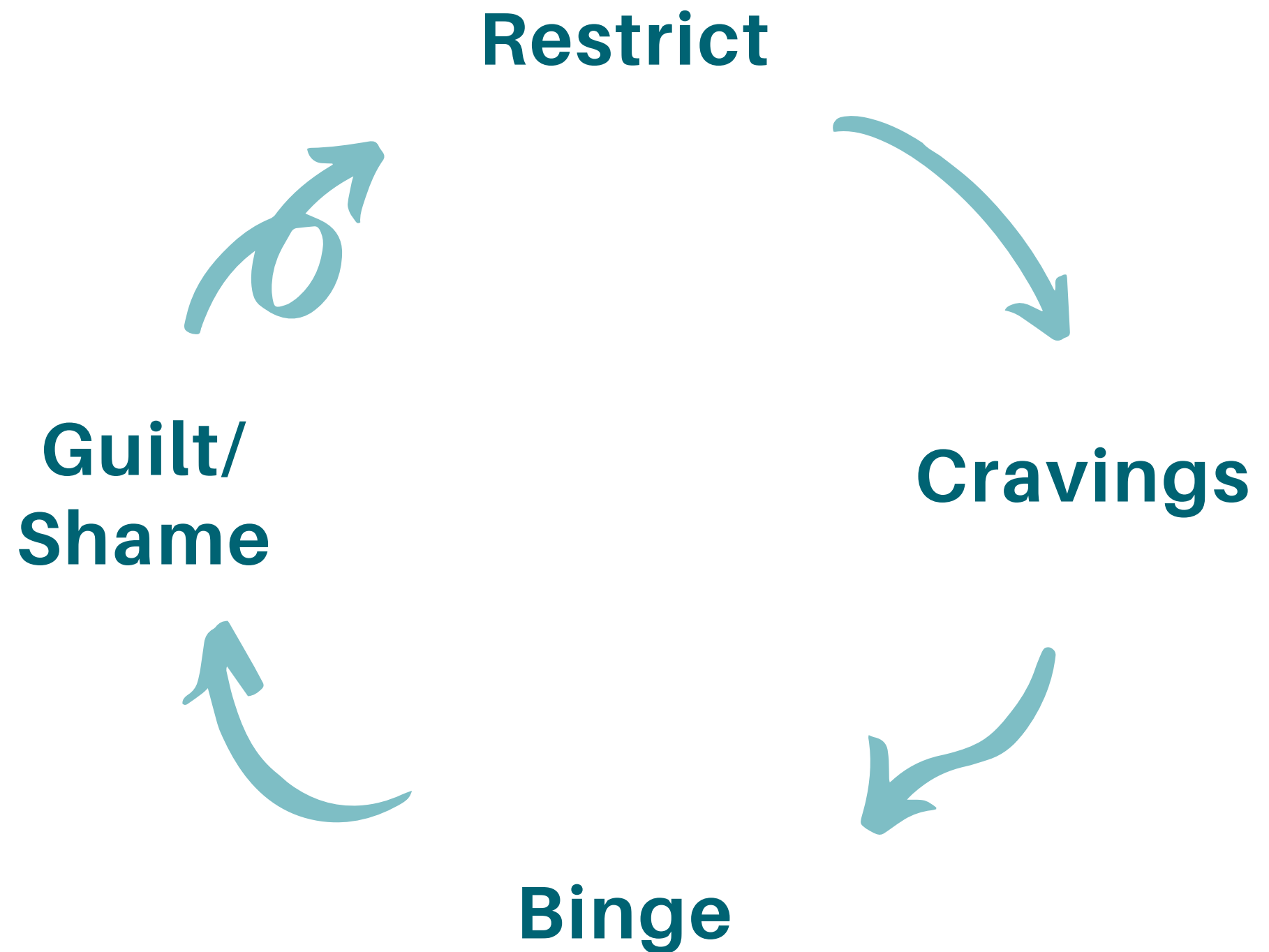
Weight-Inclusive

Eating for wellbeing

Not just for recovery from an eating disorder or disordered eating. Many people can benefit from the non-diet approach!



The Binge - Restrict Cycle



What else might be going on?

Challenges managing blood sugar could be related to:

- Certain medications
- Illness
- Stress
- Changes in your activity level
- Alcohol intake
- Poor sleep
- Not being on the right medication plan

What else might be going on?

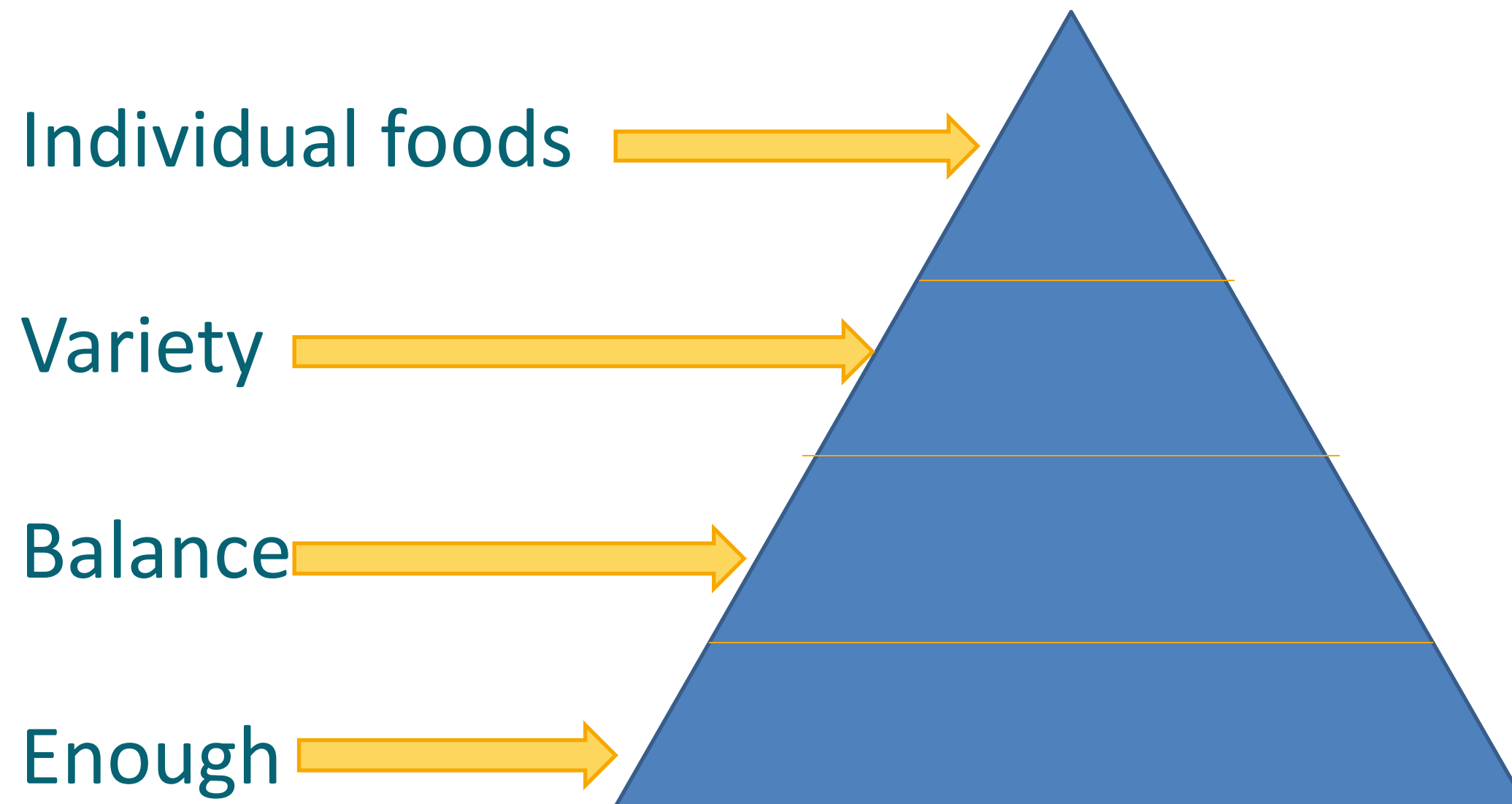
Your cholesterol could be impacted by:

- Family history
- Smoking
- Stress
- Changes in your activity level

Intuitive Eating

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Discover the Satisfaction Factor
6. Feel Your Fullness
7. Cope with Your Emotions with Kindness
8. Respect Your Body
9. Movement – Feel the Difference
10. **Honor Your Health – Gentle Nutrition**

Nutrition Hierarchy



Adapted from
Hartley, R. (2021).

Enough



- Eating regularly and enough
- Important for:
 - preventing blood sugar dips and spikes
 - meeting energy needs

Balance



Carbs

Fat

Protein

Your body needs all three!

Variety



Eating a wide variety of foods

- Grains and starches
- Milk and alternatives
- Meat and alternatives
- Fruit and vegetables
- Fats and spreads
- Desserts/sweets

Individual foods



- Adding in individual foods for health benefits
- Can consider once the other three building blocks (enough, balance, variety) are in place
- Remember that no single food will make or break your health

What is Gentle Nutrition?

- Self care
- Eating a wide variety of foods
- Eating based on your individuals needs and preferences
- Focusing on adding to your diet rather than deprivation/restriction
- Paying attention to how food makes you feel/what foods make your body feel best

What is Gentle Nutrition?

- Flexible
- Can change over time
- Looking at the bigger picture
 - i.e. pattern over months, not one meal or day

Gentle Nutrition for Diabetes Might ...

Look many ways, but could include:

- Eating regularly throughout the day
- Including adequate carbs at meals/snacks
- Experimenting with different combinations of food to learn what you find most satisfying

Gentle Nutrition for Diabetes Might ...

- Getting curious about your response to different foods
- Pairing foods that cause your blood sugar to go above target with a source of protein/fat
- Including sources of soluble fibre in your diet*

8 – 9 am

toast + peanut butter + strawberry jam + banana

11:30 am – 12:30 pm

tuna sandwich + green salad with dressing + yogurt +
chocolate chip cookie

3:30 – 4 pm

apple + mixed nuts

6 – 6:30 pm

spaghetti + tomato sauce with spinach and red pepper +
meatballs + a peach

8:30 – 9 pm

cereal + milk



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Gentle Nutrition for Heart Health Might ...

Look many ways, but could include:

- Eating regularly throughout the day
- Experimenting with different combinations of food to learn what you find most satisfying

Gentle Nutrition for Heart Health Might ...

- Including more sources of unsaturated fats in your diet
- Including sources of soluble fibre in your diet
- Exploring ways to enjoy more fruit and vegetables in your diet
- Trying plant proteins along with/in place of meat at a meal



11 - 12 pm

oatmeal + blueberries + brown sugar + almond slivers

3 - 3:30 pm

toast + egg + avocado

6 - 7 pm

haddock + fries + broccoli

8:30 - 9 pm

apple crisp + tea

12 am

hummus and crackers

Ultimately...

- Listen to your body
- Be gentle with yourself



Questions?

References

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Tribole, E., & Resch, E. (2012). *Intuitive Eating: A Revolutionary Program That Works* (3rd ed.). St Martin's Griffin.



Thank You!

Please take a moment to complete our
feedback survey

email: info@bodybrave.ca