

‘Mindful eating replaces popular diets’

Gizem Köse (PhD, MB-EAT), Acibadem MAA University, Türkiye

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POSSIBILITIES
FOR YOU

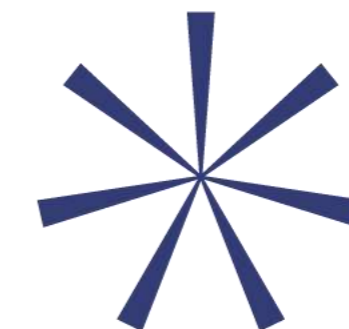


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Outline

MINDFUL EATING REPLACES POPULAR DIETS

- MINDFULNESS
- MINDFULNESS MEDITATION
- MINDFUL EATING
- PRINCIPLES OF MINDFUL EATING
- LITERATURE SUPPORT

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Mindfulness

The clinical use of mindfulness meditation for the self-regulation of chronic pain.

Kabat-Zinn J, Lipworth L, Burney R.

Cite *J Behav Med.* 1985 Jun;8(2):163-90. doi: 10.1007/BF00845519.

PMID: 3897551

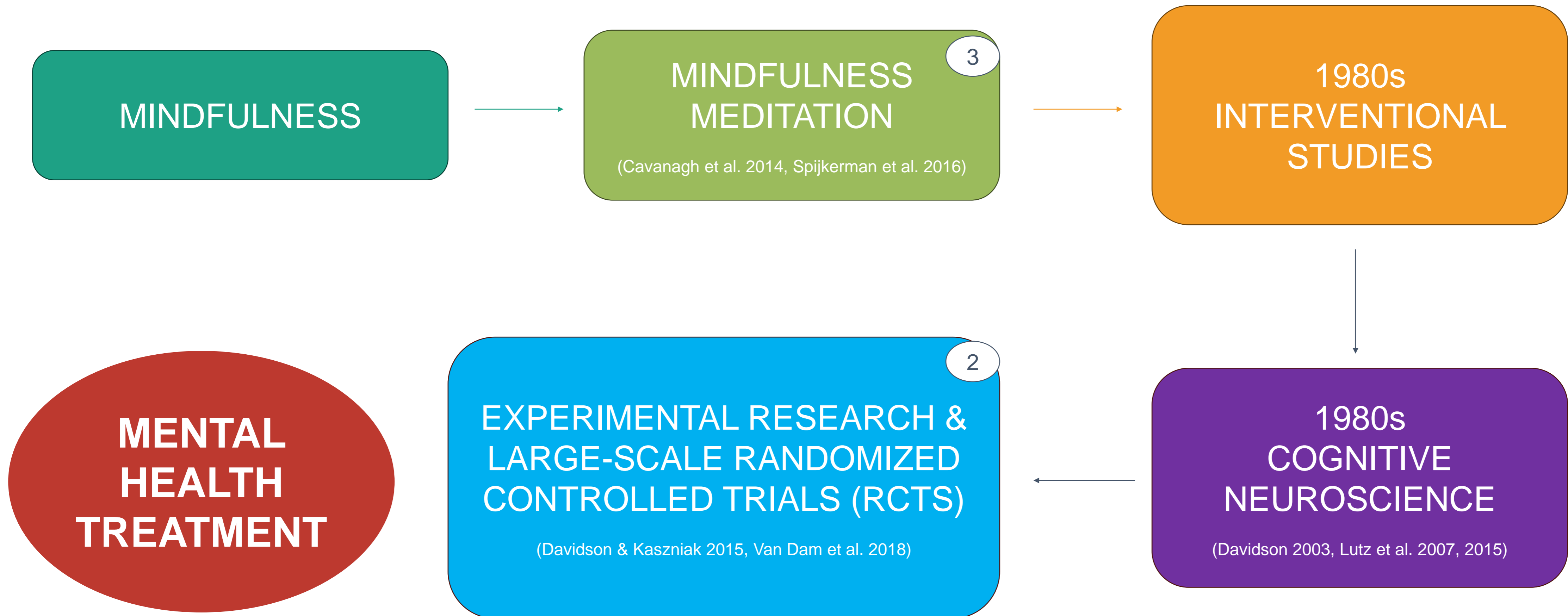
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In a clinical setting, mindfulness meditation-based interventions (MMBIs) rely on the Mindfulness-Based Stress Reduction (MBSR) course developed by Jon Kabat-Zinn.

Mindfulness-
Based Stress
Reduction

MBSR and its many derivatives have been used in numerous therapeutic contexts.

Mindfulness Meditation (MM)



Mindfulness

MINDFULNESS PRACTICE: DISENGAGING AUTOMATIC REACTIONS



Mindfulness

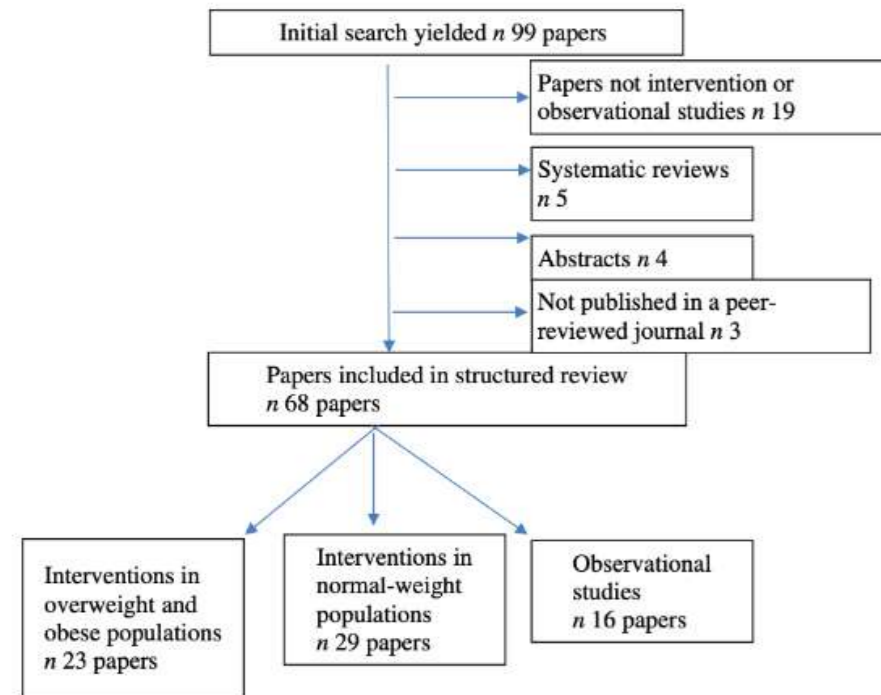


Fig. 1. Literature search results.

Table 1. Theoretical basis of interventions in overweight and obese subjects (n 23)

Theoretical basis	Studies
MBCT or mindfulness action-based therapy	Four studies ^(25,27,33,40)
Mindful eating	Four studies ^(28,29,36,43)
MBSR	Three studies ^(13,30,54)
Mindfulness	Three studies ^(11,32,35,44)
Mindful eating and MB-EAT	Three studies ^(14,16,38,41)
Mindfulness-based action committed therapy	Two studies ^(38,42)
Combination of MBSR, MBCT and MB-EAT	One study ⁽³¹⁾
Acceptance-based behaviour intervention	One study ⁽³⁷⁾
Acceptance of cravings	One study ⁽²⁴⁾
Intuitive eating	One study ⁽²⁶⁾

MBCT, mindfulness-based cognitive therapy; MBSR, Mindfulness-Based Stress Reduction; MB-EAT, Mindfulness-Based Eating Awareness Training.

Table 2. Summary of coded results from intervention studies using mindfulness, mindful eating and intuitive eating techniques

Health outcome	Studies (n) (and population)	Coded results*	Score as %†
Physiological Weight	16 (overweight/obese)	8 positive ^(13,16,28,30,31,37,40,43) 8 neutral/mixed ^(14,24,26,29,34,35,41,42)	50
	3 (normal weight)	2 positive ^(34,55) 1 negative ⁽⁵⁴⁾	33
Physiological risk factors‡ Glycaemic control	2 (overweight/obese) 1 (overweight/obese diabetics)	2 positive ^(13,26) 1 neutral/mixed ⁽¹⁴⁾	
Eating behaviours Binge eating	9 (overweight/obese) 4 (normal weight)	9 positive ^(11,13,16,27,29,33,35,39,42) 4 positive ^(45,49,60,61)	100
	Emotional eating	10 (overweight/obese)	7 positive ^(11,25,30,31,33,35,39) 3 neutral/mixed ^(29,42,43)
External eating	1 (normal weight) 5 (overweight/obese)	1 neutral/mixed ⁽⁵⁴⁾ 4 positive ^(25,28,31,38) 1 neutral/mixed ⁽⁴²⁾	80
	Cravings	1 (normal weight) 1 (overweight/obese) 3 (normal weight)	1 positive ⁽⁶¹⁾ 1 positive ⁽²⁴⁾ 3 neutral/mixed ^(46,56,58)
Eating attitudes Hunger awareness	1 (normal weight) 2 (overweight/obese)	1 positive ⁽⁴⁷⁾ 2 positive ^(11,28)	
	Body dissatisfaction	1 (normal weight) 2 (overweight/obese)	1 positive ⁽⁴⁸⁾ 2 positive ^(38,39)
Food related Food intake	4 (overweight/obese)	3 positive ^(14,28,43) 1 neutral/mixed ⁽²⁹⁾	75
	9 (normal weight)	4 positive ^(48,52,53,55) 3 neutral/mixed ^(44,51,54,57) 2 negative ⁽¹⁸⁾	33
Food choice	1 (overweight/obese) 5 (normal weight)	1 positive ⁽⁴¹⁾ 3 positive ^(15,53,55) 2 neutral/mixed ^(50,59)	60

* Note that effect size is not accounted for in the coding of positive, negative and neutral and the code only provides an indicator of the direction of results; it is not trying to assess overall evidence. The 'score' in the final column is merely a convenient summary tool in situations where there have been three or more studies.

† Calculation of score. Only health outcomes with three or more studies are 'scored': a positive study scores +1 point; a negative study scores -1 point; a neutral study scores 0 points; a study with mixed results scores 0 points. The points are summed, divided by the number of studies and expressed as a percentage. An example for effect of mindful eating on weight in overweight/obese: $8 \times 1 = 8/16 = 0.5$, giving a score = 50%.

‡ Cholesterol and blood pressure.

Table 4. Summary of coded results from observational studies showing the association between mindfulness, mindful eating and intuitive eating and parameters related to health measures and eating behaviours

Associations	Studies (n)	Coded result*
Intuitive eating and decreased BMI	4	Positive ^(68,70,74,75)
Mindful eating and decreased BMI	1	Positive ⁽⁸²⁾
Intuitive eating and blood markers of cardiovascular risk	1	Positive ⁽⁷⁰⁾
Mindfulness and decreased portion size	1	Positive ⁽⁸³⁾
Intuitive eating and observing hunger cues	1	Positive ⁽⁷²⁾
Mindfulness and decreased binge eating	2	Positive ^(76,80)
Mindfulness and decreased emotional eating	3	Positive ^(76,77,79)
Mindfulness and external eating	1	Positive ⁽⁷⁷⁾
Mindfulness and reduced cravings	1	Positive ⁽⁷⁸⁾
Mindfulness and restrained eating	1	Positive ⁽⁷⁵⁾
Intuitive eating and freedom to eat	1	Positive ⁽⁷³⁾
Intuitive eating and interoceptive sensitivity	1	Positive ⁽⁷¹⁾
Trait mindfulness and returning baseline brain network post-food cue exposure	1	Positive ⁽⁷⁸⁾
Mindful eating and mental well-being	1	Positive ⁽⁸¹⁾
Intuitive eating and more pleasure associated with food	1	Positive ⁽⁷⁵⁾
Intuitive eating and increased external and introjection regulation in behaviour questionnaire	1	Positive ⁽⁶⁹⁾

* Note that effect size is not accounted for in the coding of positive. The code only provides an indicator of direction of results and is not trying to assess overall evidence.

Mindfulness

> [J Health Psychol.](#) 1999 May;4(3):357-63. doi: 10.1177/135910539900400305.

An Exploratory Study of a Meditation-based Intervention for Binge Eating Disorder

J L Kristeller¹, C B Hallett

Affiliations + expand

PMID: 22021603 DOI: [10.1177/135910539900400305](#)

In relation to eating behaviours, research began into the use of mindfulness in binge eating with early interventions in the late 1990s when Kristeller & Hallett undertook a pilot study among obese women with binge eating disorder using

Mindfulness-Based Eating Awareness Training (MB-EAT).

MINDFULNESS



MINDFUL EATING

(Tunning into food)

An Exploratory Study of a Meditation-based Intervention for Binge Eating Disorder.

Kristeller JL, Hallett CB.

J Health Psychol. 1999 May;4(3):357-63. doi: 10.1177/135910539900400305.

PMID: 22021603

The efficacy of a 6-week meditation-based group intervention for Binge Eating Disorder (BED) was evaluated in 18 obese women, using standard and eating-specific mindfulness meditation exercises. A single-group extended baseline design assessed all variables a ...

Mindful eating. Tuning in to your food.

Hammond M.

Diabetes Self Manag. 2007 Mar-Apr;24(2):36, 38, 40.

PMID: 17410669 No abstract available.

- The concept of mindful eating was created in 2007 by adapting mindfulness to define and change in eating behaviors.

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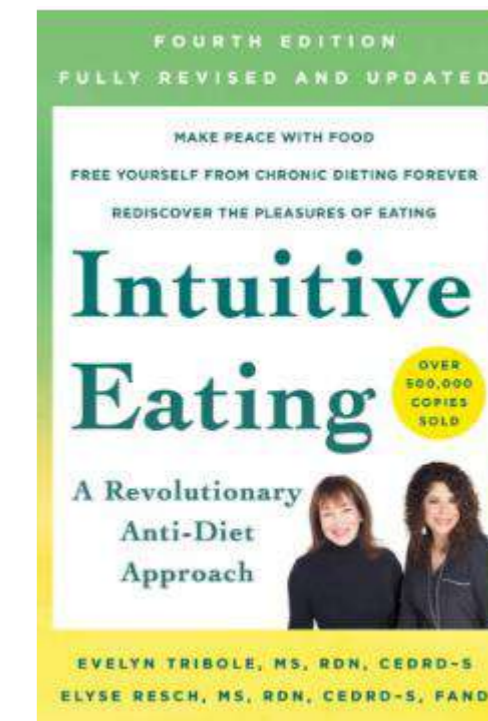
Hammond M. Mindful eating. Tuning in to your food. Diabetes self-management. 2007;24(2):36, 8, 40.

Mindful or Intuitive ?

Similar ingredient **but**

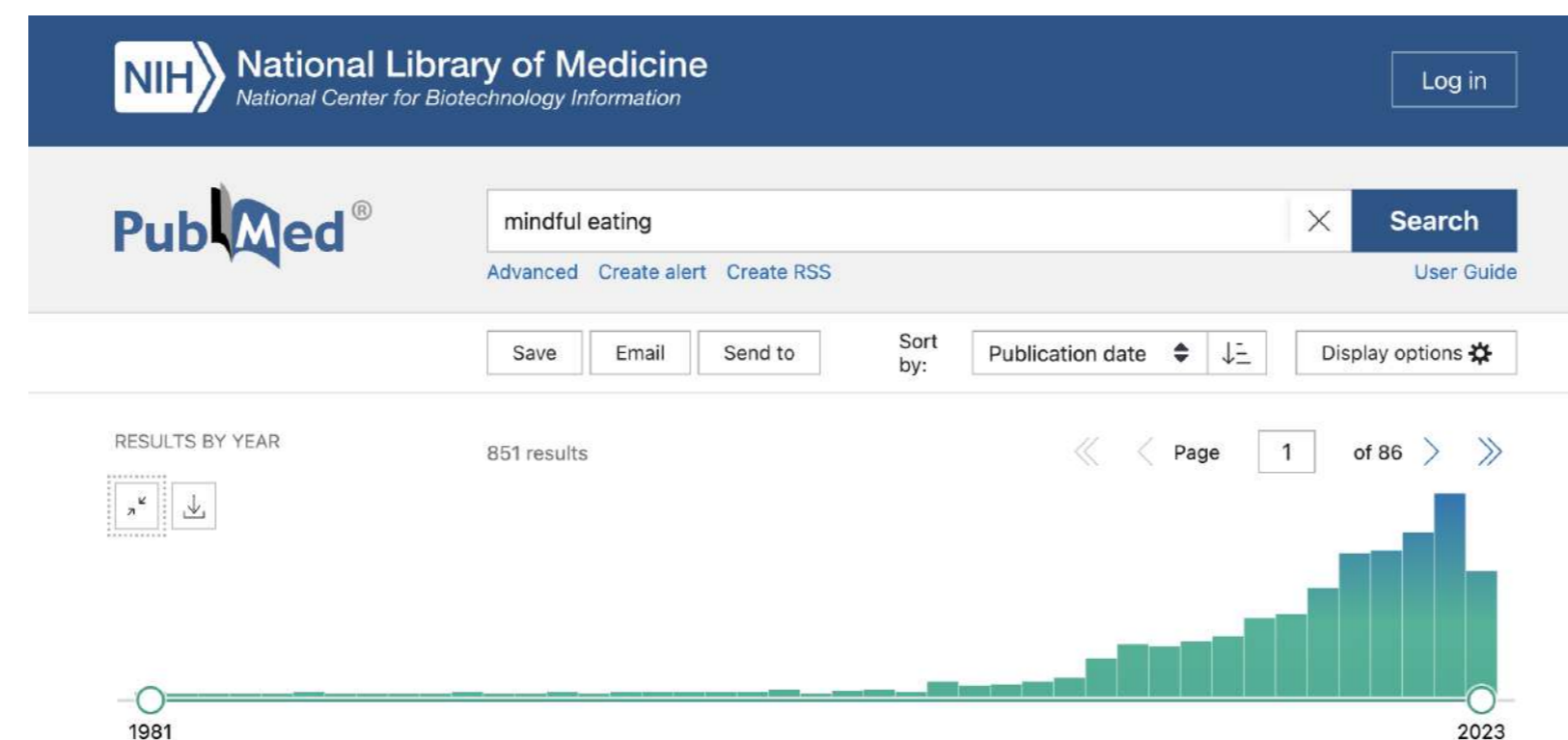
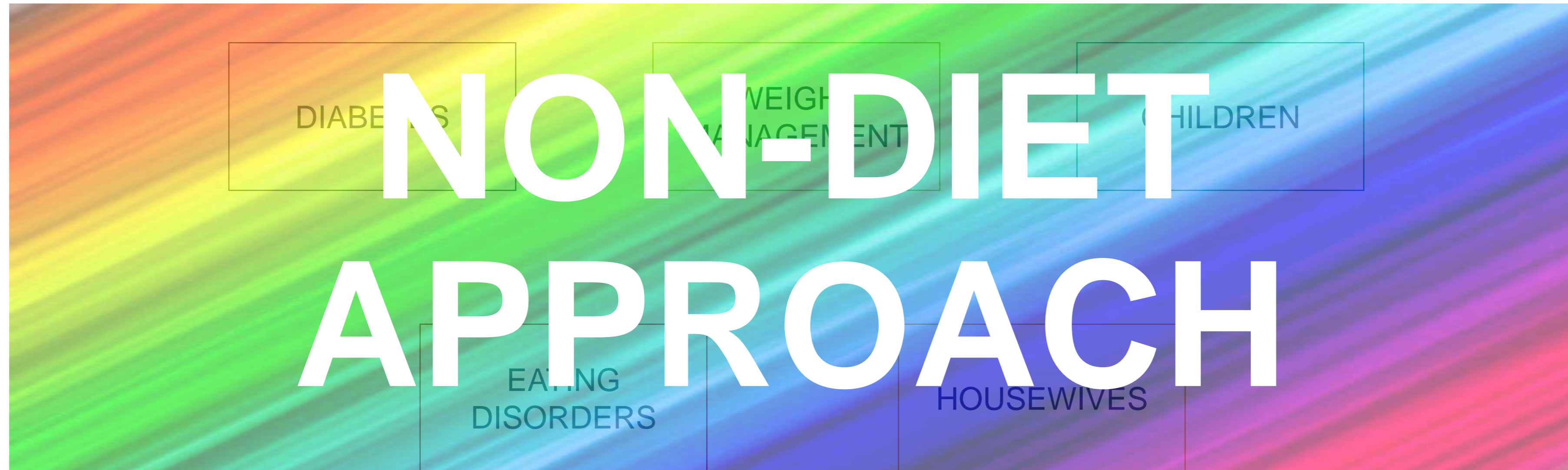


Budist Philosophy vs Two Dietitians



Mindfulness is needed for intuitiveness!

Mindful Eating



Mindful Eating

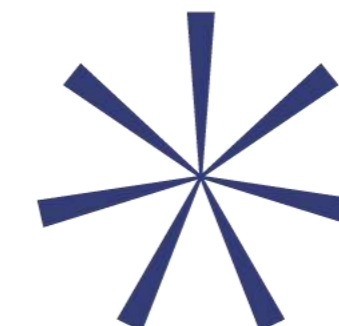
Mindful eating consists of making conscious food choices, developing an awareness of physical vs. psychological hunger and satiety cues, and eating healthfully in response to those cues.

Mindful eating is conceptualized as being aware of the present moment when one is eating, paying close attention to the effect of the food on the senses, and noting the physical and emotional sensations in response to eating.

There is no universal definition of mindful eating but these principles are consistent in the literature.

Principles of Mindful Eating

1. Respecting own inner wisdom
2. Using all senses
3. Acknowledging responses to food without judgment
4. Physical hunger and satiety



Mindful Eating



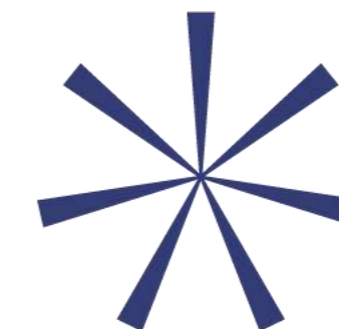
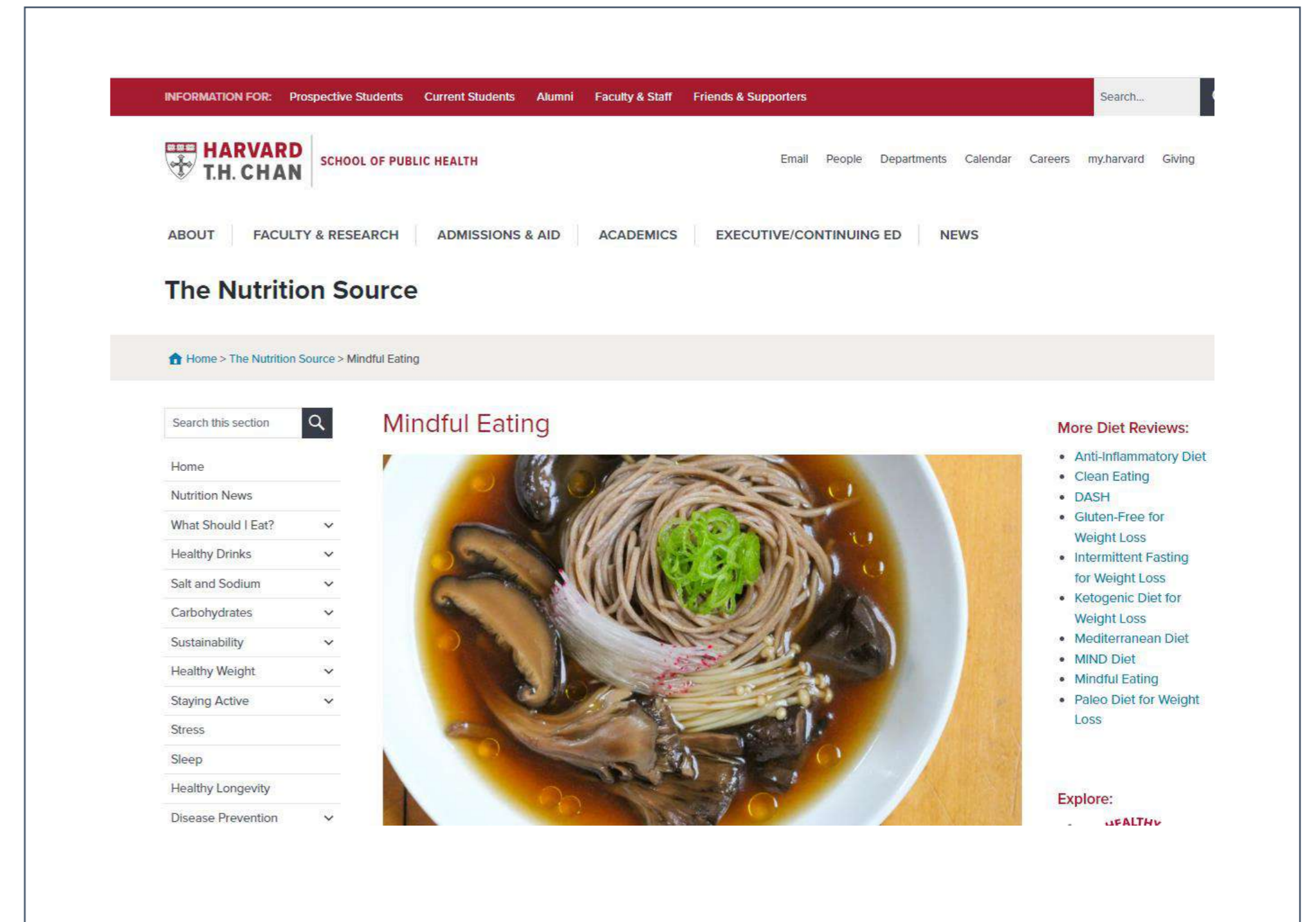
A spot to savor in Kresge Cafeteria

July 9, 2014 — The deep pink of watermelon, the sharp crunch of carrots, the cool scent of fresh mint—these are some of the things that [Lilian Cheung](#) is hoping people will focus on while eating at the Harvard School of Public Health’s new “Mindful Eating Corner” in Kresge Cafeteria.



Lilian Cheung, fourth from left, at the Mindful Eating Corner in Kresge Cafeteria with Dean Julio Frenk, nutrition department chair Walter Willett, and other colleagues and students.

Cheung, lecturer and director of health promotion and communication in the [Department of Nutrition](#) at HSPH, and editorial director of HSPH’s [Nutrition Source](#) website, came up with the idea to set aside a special spot in the cafeteria for [mindful eating](#) to raise awareness of its benefits. Eating mindfully means choosing a [healthy mix of foods](#); savoring colors, smells, and textures; chewing slowly; and thinking appreciatively about how the food was grown and produced. Cheung says eating mindfully can lead to healthier food choices, can reduce the tendency to overeat, and can help people enjoy their food more and feel more satisfied with smaller amounts.



Mindful Eating

The screenshot shows the Government of Canada website. At the top, there is a search bar and navigation links for 'Canada.ca', 'Health', 'Food and nutrition', 'Canada's food guide', and 'Healthy eating recommendations'. The main heading is 'Canada's food guide Be mindful of your eating habits'. Below this, there is a section for 'Healthy food choices' with a list of items: 'Eat a variety of healthy foods', 'Limit highly processed foods', 'Make water your drink of choice', 'Use food labels', and 'Be aware of food marketing'. To the right, there is a paragraph explaining that healthy eating is about more than just the foods you eat, and it is being mindful of your eating habits, taking time to eat and noticing when you are hungry and when you are full. Below this, there is a section titled 'On this page' with two links: 'Benefits of being mindful of your eating habits' and 'How to be mindful of your eating habits'. At the bottom, there is a section titled 'Benefits of being mindful of your eating habits' which states that being mindful of your eating habits means being aware of: 'how you eat' and 'why you eat'.

“...the Government suggests people ‘cook more often’, and ‘eat meals with others’, and ‘to take time to eat...This is known as mindful eating.’”



The screenshot shows a LANCET article. The title is 'Canada's updated food guide promotes mindful eating' by Paul Webster. The article is published in the World Report, Volume 393, Issue 10170, E5, February 02, 2019. The article text states: 'In a break from its previous recommendations, the food guide also recommends that water be preferred to fruit juice. Paul Webster reports. Eight decades after the Canadian Government began promoting a diet based on staple foods that included meat, dairy products, and fruit juices, it abruptly changed course last week by promoting consumption of plant-based foods and water while encouraging “mindful eating”.' There is a button to 'Request your institutional access to the Lancel journal'.



Literature

Nutrition Research Reviews (2017), **30**, 272–283
doi:10.1017/S0954422417000154
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A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: effectiveness and associated potential mechanisms

Janet M. Warren^{1*}, Nicola Smith² and Margaret Ashwell³

¹*FirstStop Nutrition Ltd, Oxford, UK*

²*Oxford Clinical Psychology, Oxford, UK*

³*Ashwell Associates, Ashwell, UK*

Abstract

The role of mindfulness, mindful eating and a newer concept of intuitive eating in modulating eating habits is an area of increasing interest. In this structured literature review, a summary of the current evidence is presented, together with details of interventions undertaken and the tools to measure outcomes. It is broad in scope given the emerging evidence base in this area. The review yielded sixty-eight publications: twenty-three interventions in obese/overweight populations; twenty-nine interventions in normal-weight populations; sixteen observational studies, three of which were carried out in overweight/obese populations. Mindfulness-based approaches appear most effective in addressing binge eating, emotional eating and eating in response to external cues. There is a lack of compelling evidence for the effectiveness of mindfulness and mindful eating in weight management. Mindfulness-based approaches may prevent weight gain. Reduced food intake was seen in some of the studies in overweight and obese populations, but this was less apparent in the studies in normal-weight populations. The evidence base for intuitive eating is limited to date and further research is needed to examine its potential in altering eating behaviours. Mindfulness appears to work by an increased awareness of internal, rather than external, cues to eat. Mindfulness and mindful eating have the potential to address problematic eating behaviours and the challenges many face with controlling their food intake. Encouraging a mindful eating approach would seem to be a positive message to be included in general weight management advice to the public.

Key words: Mindful eating: Intuitive eating: Binge eating: Emotional eating: External eating: Obese: Overweight

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Literature

Received: 17 June 2019 | Revised: 26 January 2020 | Accepted: 26 January 2020
DOI: 10.1002/eat.23247

REVIEW

International Journal of
EATING DISORDERS WILEY

Mindfulness and eating disorder psychopathology: A meta-analysis

Margarita Sala¹ | Shruti Shankar Ram² | Irina A. Vanzhula² | Cheri A. Levinson²

Abstract

Objective: Mindfulness is implicated in eating disorder (ED) psychopathology. However, this literature has not been synthesized to date. The current meta-analysis examined the associations between mindfulness and ED psychopathology.

Methods: A total of 74 independent samples (effects = 576) were included. We used a multilevel random-effects model to estimate summary study-level effect sizes, and multilevel mixed-effects models to examine moderator effects.

Results: Mindfulness was negatively associated with ED psychopathology ($r = -.25$, $p < .001$), both concurrently ($r = -.25$, $p < .001$) and prospectively ($r_s = -.22$ to $-.24$, $p_s < .001$). Associations were strongest for binge eating, emotional/external eating, and body dissatisfaction as well as the acting with awareness and nonjudging facets.

Discussion: Mindfulness may be an important process in ED psychopathology. Future research should prospectively and experimentally examine the relation between mindfulness and ED psychopathology.

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Literature



RESEARCH

Review



The Influence of Mindful Eating and/or Intuitive Eating Approaches on Dietary Intake: A Systematic Review

Hannah S. Grider, MS, RD; Steve M. Douglas, PhD; Hollie A. Raynor, PhD, RD, LDN



ABSTRACT

Background Stimuli that promote eating in the absence of the physiological need for food are pervasive and can facilitate excessive energy intake. The practices of mindful eating (ME) and intuitive eating (IE) have been developed to minimize external drivers of energy intake by helping individuals emphasize the sensory properties of foods and internal indicators of hunger and fullness.

Objective To enhance understanding about the effect of ME and IE interventions on dietary intake, this systematic review included randomized trials of ME and IE interventions that examined dietary intake, defined as energy intake or diet quality, in adults of varying weight status without a diagnosis of an eating disorder.

Methods The selection of literature followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses systematic review process, in which PubMed, CINAHL (Cumulative Index to Nursing and Allied Health Literature), and PsycINFO databases were searched for studies published between January 1980 and November 2019. Studies were included if they met the following criteria: randomized trial design in which 1 arm was an intervention with an ME or IE component and there was at least 1 control or active comparison arm; enrolled participants were of a healthy weight or with overweight or obesity and reported not having an eating disorder (ie, anorexia, bulimia nervosa, or binge eating disorder) or other health conditions in which dietary restrictions were applied; were at least 18 years of age; and outcomes of energy intake or diet quality were reported at baseline and post intervention. The modified Downs and Black checklist was used to assess risk of bias for each study that met inclusion criteria.

Results A total of 13 studies, including 8 investigating ME interventions and 5 investigating IE interventions, represented in 14 articles, were included in the review. Seven of the 9 articles reporting on energy intake did not find significant group differences. Eight of the 12 articles reporting on diet quality did not find significant group differences. The mean bias assessment score was 13.6 out of 28, indicating poor quality.

Conclusions Little evidence suggests that ME and IE interventions influence energy intake or diet quality. To draw strong conclusions about the effect of ME and IE on dietary intake, future research using study designs of high rigor are needed.

J Acad Nutr Diet. 2021;121(4):709-727.



Literature

Received: 17 December 2021 | Revised: 15 April 2022 | Accepted: 19 April 2022
DOI: 10.1111/nbu.12559

Mindful eating: what we know so far

Katy Tapper 

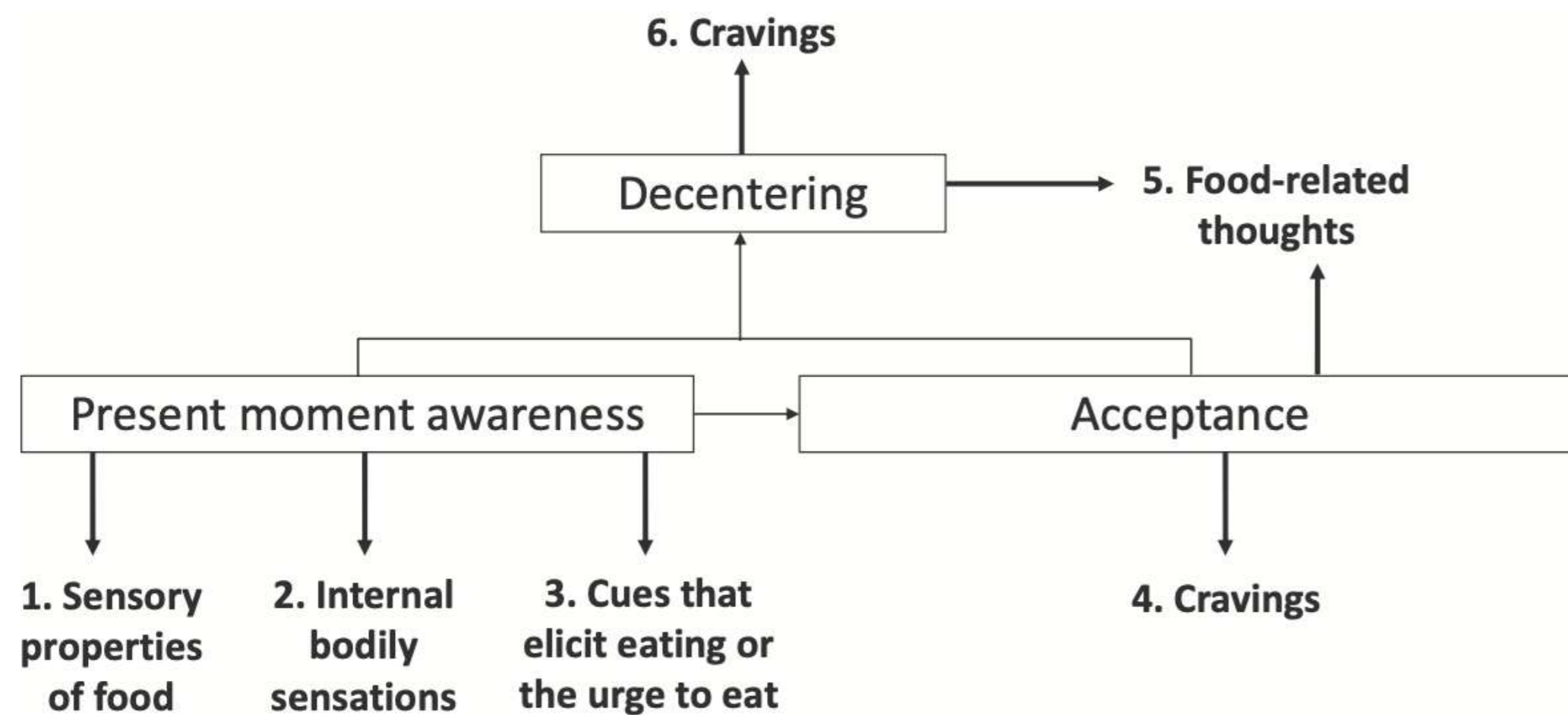


TABLE 1 Descriptions of the most common mindful eating practices

Practice	Description	Alternative terms/ related concepts	Example exercises
1. Present moment awareness of the sensory properties of food	Paying attention to the sight, smell, taste, texture and temperature of one's food as one eats	Also referred to as focussed eating or savouring	Raisin exercise (e.g. Arch et al., 2016)
2. Present moment awareness of internal bodily sensations	Paying attention to feelings of hunger and fullness as well as bodily sensations associated with the consumption of different types of foods (such as tiredness following a large meal)	Substantial overlap with the concepts of intuitive eating and internally regulated eating (Linardon et al., 2021; Palascha et al., 2021a)	Body scan (e.g. Palascha et al., 2021b)
3. Present moment awareness of cues that elicit eating or the urge to eat	Noticing cues that prompt one to eat (such as a bowl of crisps within arm's reach) or that elicit feelings of hunger or cravings (such as an advert for ice cream). Cues may also be internal, such as low mood or a particular thought (e.g. 'I really need a sugar boost')	A key component of mindful decision-making (Martin et al., 2017)	Daily self-monitoring (e.g. Martin et al., 2017)
4. Acceptance of cravings	Taking a non-judgemental stance towards cravings; observing and exploring them rather than trying to alleviate or control them	A key component of mindful decision-making (Martin et al., 2017)	Urge surfing (e.g. Jenkins & Tapper, 2014)
5. Acceptance and/or decentering from food-related thoughts	Taking a non-judgemental stance towards food-related thoughts (e.g. 'I may as well eat the whole lot') and/or viewing them as transient mental events that are separate from oneself	–	Mind bus (Tapper & Ahmed, 2018)
6. Decentering from cravings	Viewing cravings as transient mental events that are separate from oneself	–	Leaves on a stream (Wilson et al., 2021)

RESTRICTED DIETS

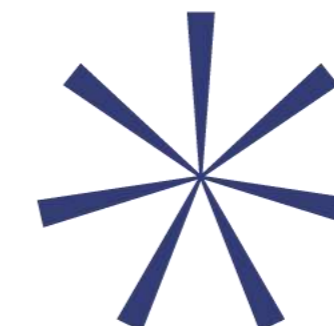
MINDFUL EATING



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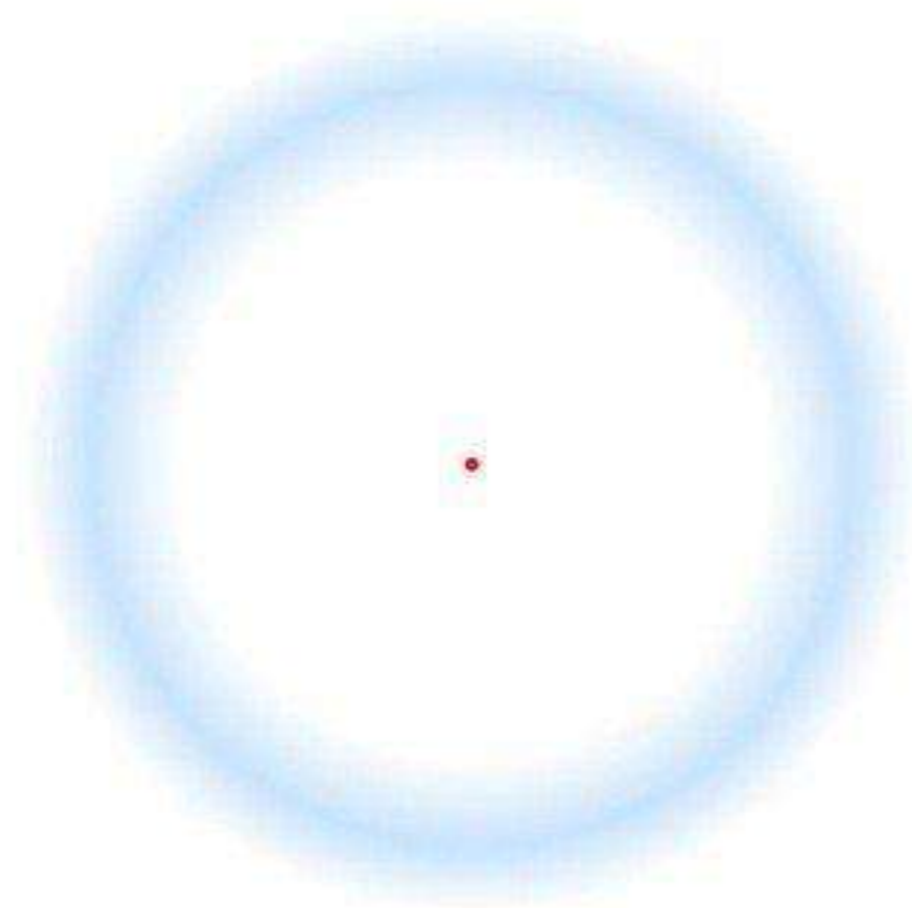


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LATER

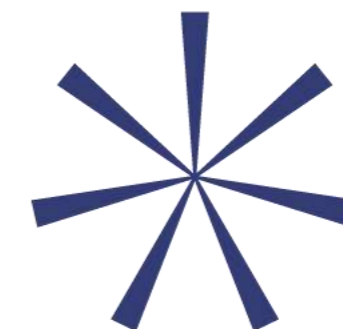
Mindful Eating Workshop



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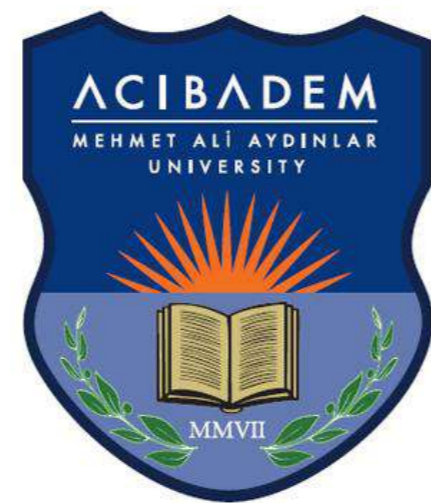


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‘Mindful eating replaces popular diets’

THANK YOU FOR LISTENING!

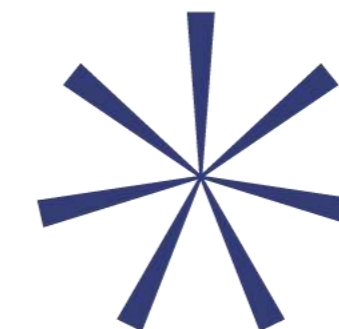


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