

WHAT IS RESTRICTION?

MaKai Nutrition LLC

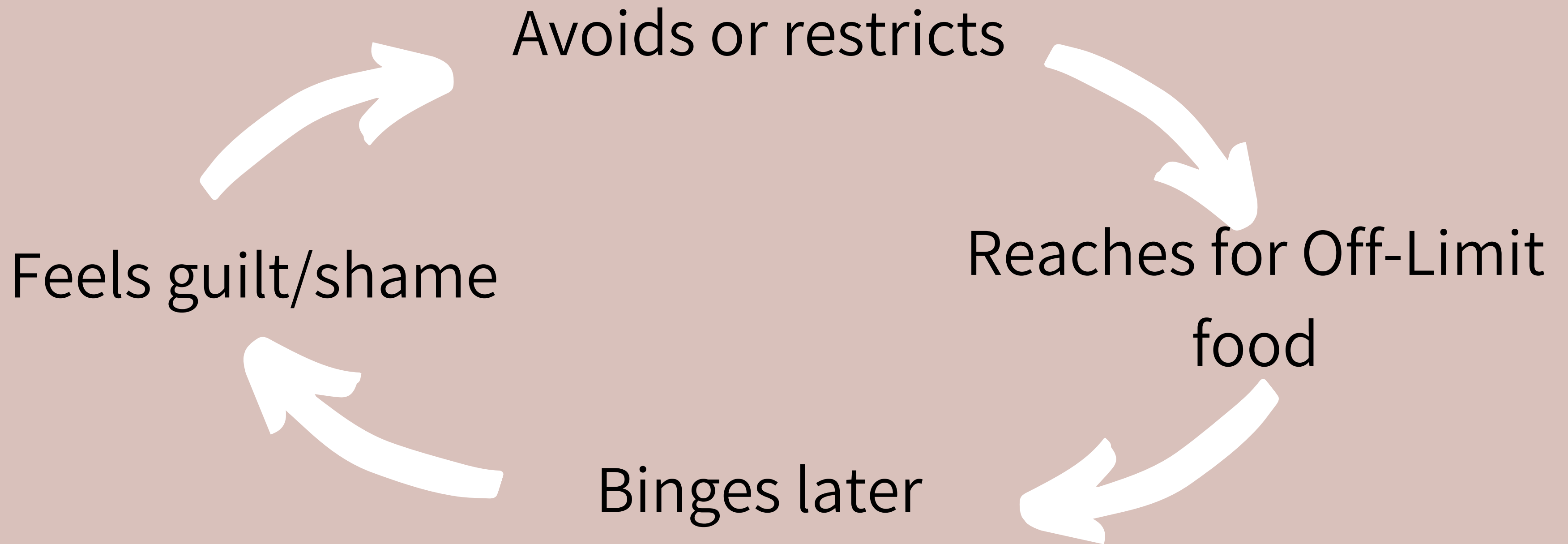
MAKE PEACE WITH FOOD

UNCONDITIONAL PERMISSION TO EAT

Anytime you deprive yourself of something you like or need, you begin to long for it.

Researchers have found that trying to suppress food-related thoughts not only increases thinking about food but may also increase eating behaviors.

The Restrict/Binge Cycle



SOMETHING TO REMEMBER:

**Dieting undermines self-trust
and connection with your body.
It is dieting that has continued to
perpetuate the feast-famine
mentality.**

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Tribole, E., & Resch, E. (2012). Intuitive eating. New York: St. Martin's Griffin.

DIETARY RESTRAINTS

WHAT KEEPS YOU STUCK IN THIS CYCLE

1. Actual restriction
2. The "All Or Nothing" Mindset
3. Anticipation of Food Restriction
4. Thought Suppression
5. Forbidden-Fruit Phenominton



ACTUAL RESTRICTION

DIETING AND CONTROLLING INTAKE

Under-eating, restricting food groups, and overexercising can keep you in the restrict/binge cycle and unhappy.

ALL OR NOTHING

THE "WHAT THE HELL" EFFECT

Even just the thought that you've blown your diet is enough to trigger the overconsumption of food, regardless of hunger/fullness.

When you mess up and eat one "bad" food, you just let that spiral into a whole day of "bad" eating or bingeing.

How to stop this? Remove food labels. Food is just food.

ANTICIPATION OF FOOD RESTRICTION

THE LAST SUPPER

A study of chocolate lovers found that when a chocolate restriction was imposed for 3 weeks, it triggered an increase in their chocolate consumption before and after the restriction period.

For many, the anticipation of starting a new diet or avoiding a food is enough to trigger overeating.

A Farewell-To-Food Feast

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Tribole, E., & Resch, E. (2012). *Intuitive eating*. New York: St. Martin's Griffin.

THOUGHT SUPPRESSION

RESTRICTIVE THOUGHTS

Thought suppression can be counterproductive, helping to assure the very state of mind one had hoped to avoid.

For example:

Don't think of a white bear.

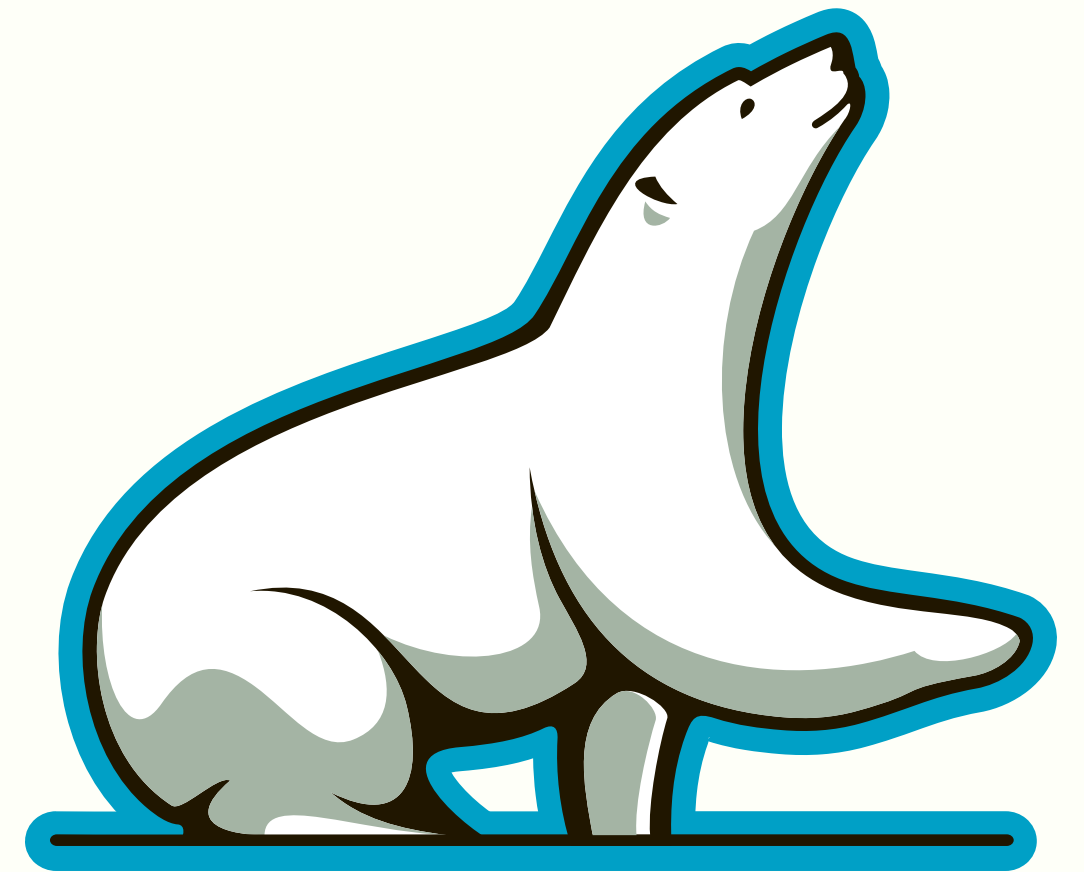
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FORBIDDEN FRUIT PHENOMENON

THE ALLURE OF FORBIDDEN FOODS

In a clever study, a group of kids were told that they could not eat the Red M&Ms, but they could eat as many yellows as they wanted.

Guess which candy got the most attention?

A similar study showed that when kids were told they weren't allowed to eat sugar, they over-consumed on sugar when allowed access.

The verdict? When you keep a food "off-limits" it makes you want it more and leads to overeating when finally allowing access.

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REMINDER:

Your body doesn't know the difference between the diet you're on and a famine.

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Action Steps

Post in the Facebook group for accountability



IDENTIFY WHAT RESTRICTIONS YOU MAY BE USING

The "All Or Nothing"
Mindset
Anticipation of Food
Restriction
Thought Suppression
Forbidden-Fruit
Phenominon
Actual restriction

Questions? Thoughts?