


Satisfaction:

an overlooked factor in reaching fullness

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Behind The Binge Society - February 2022 Training



In this training,

We will walk through what **the satisfaction factor is** and how it relates to the **deprivation backlash, binge eating, and insatiable hunger....**





so you can **reclaim your right** to a **pleasurable eating experience** that helps you **feel satisfied** and **content** from eating in an **environment that is inviting** and of course where you

eat what you really want

Satisfaction:

: an overlooked factor in reaching fullness

Discover The Satisfaction Factor

What is it about satisfaction that is so powerful?

The barriers to satisfaction

Dieting,
distraction,
duration,
disconnection

Building connection

3 S's of satisfied eating

Reclaim your right to pleasurable eating

& find satisfaction in the moments you savor the most



Discover The Satisfaction Factor

Intuitive Eating Principle #5



The principles of IE

Principle 1: Reject the Diet Mentality

Principle 2: Honor Your Hunger

Principle 3: Make Peace with Food

Principle 4: Challenge the Food Police

Principle 5: Discover the Satisfaction Factor

Principle 6: Feel Your Fullness

Principle 7: Cope with Your Emotions with Kindness

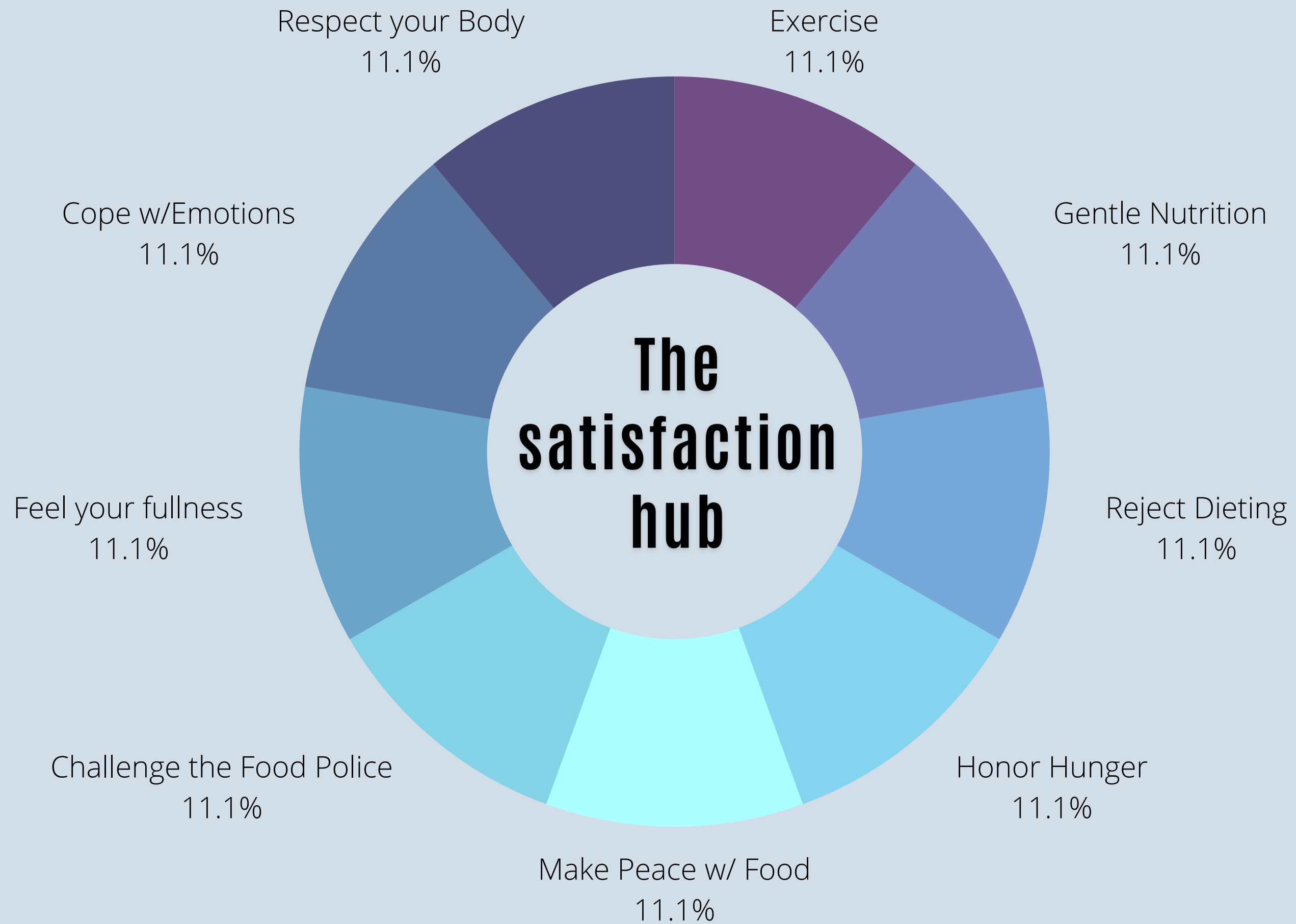
Principle 8: Respect Your Body

Principle 9: Movement-

-Feel the Difference

Principle 10: Honor Your Health with Gentle Nutrition







What happens if we dont feel satisfied?

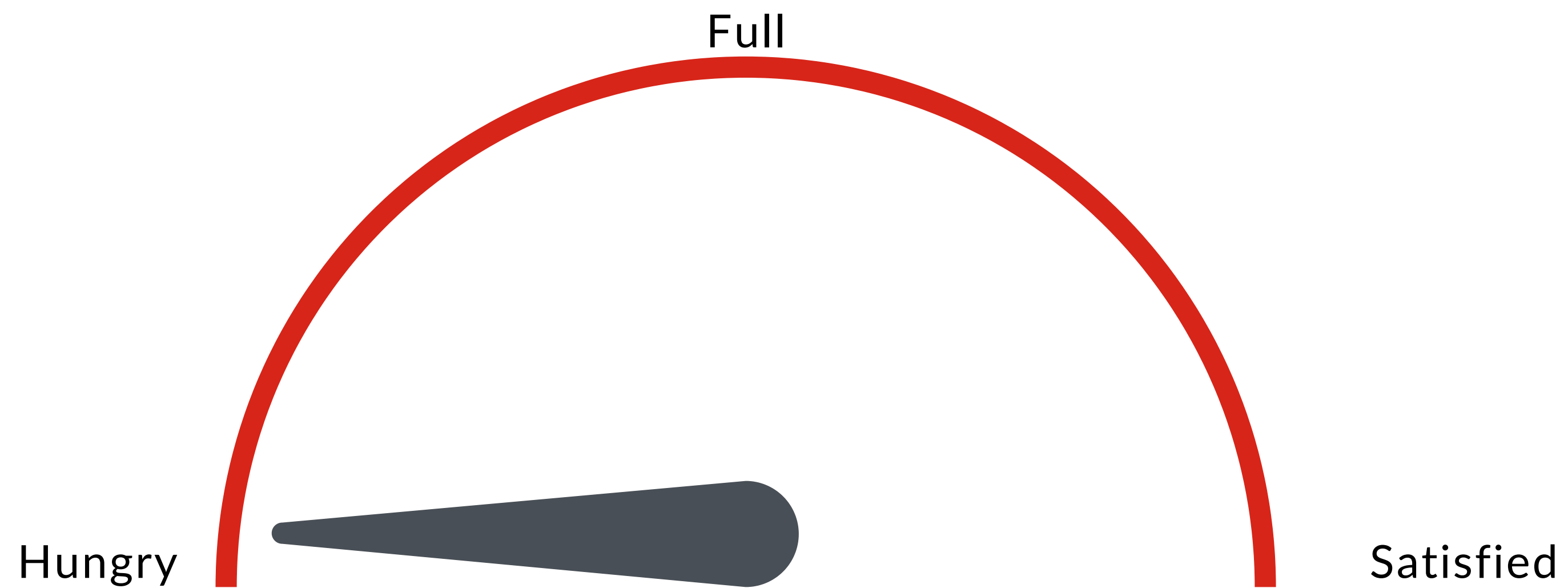


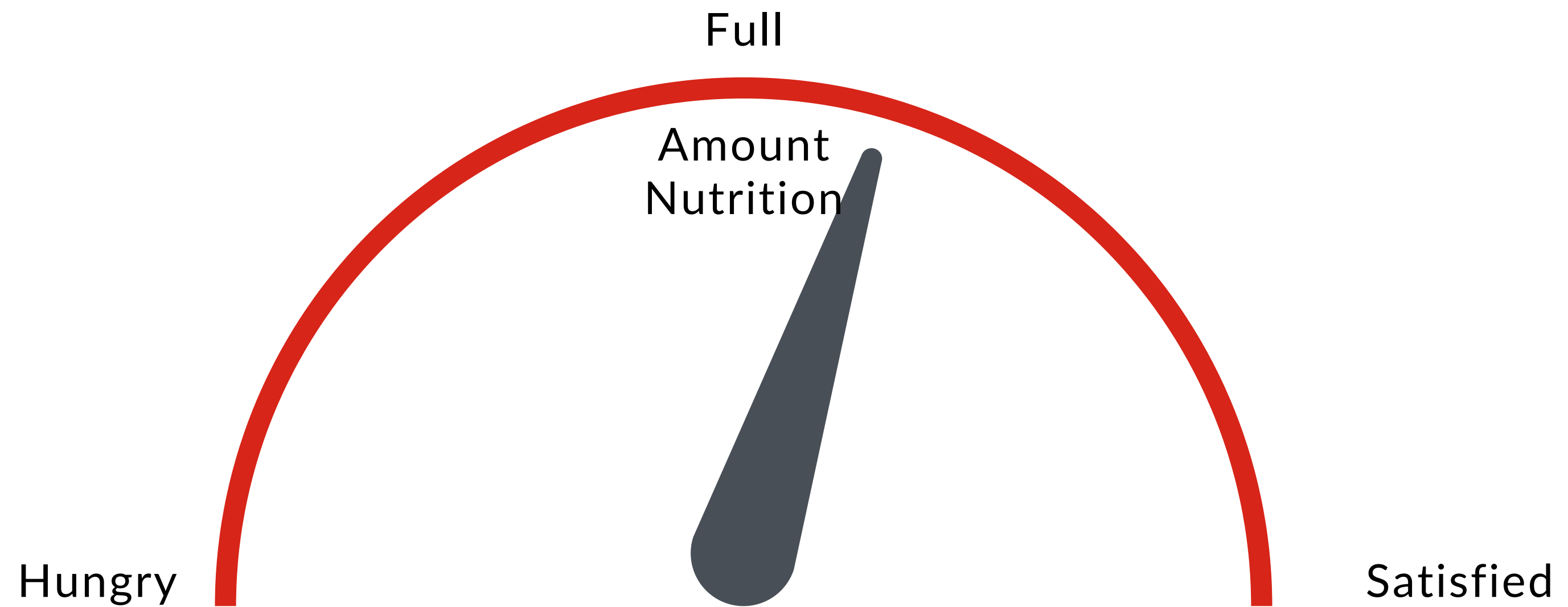
**Dieting + Distraction - Duration =
Disconnection**

Question to Consider...

**What does it mean to feel
"satisfied"?**

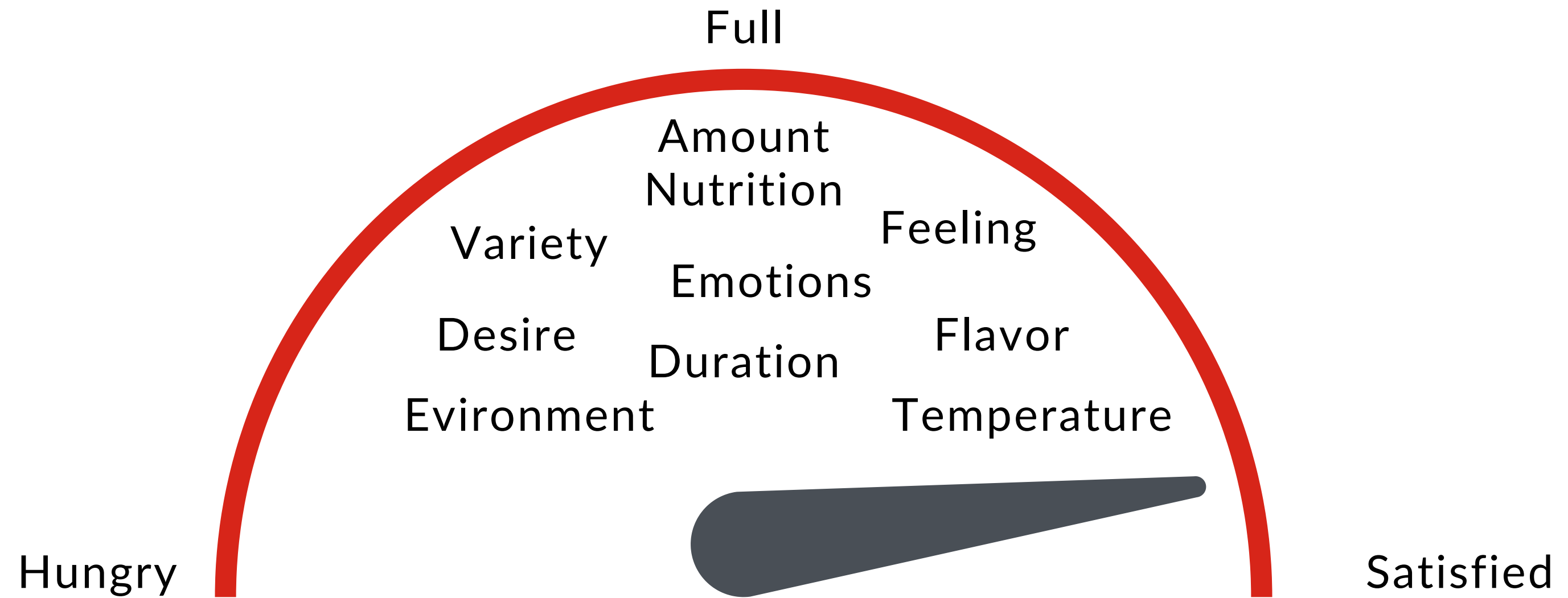








**What is it about
"satisfaction" and
why is it so
powerful?**



So what is "true" satisfaction

Satisfied now, Content later.





Regain the pleasure in eating

Eat Senually



Ask yourself what you really want

Carefully listen for the *shoulds, musts, need to's, supposed to's, have to's...*

- "I should only have 1-2 slices of pizza"
- "I want more but I don't need more"
- "You have to avoid sweets since you overate last night!"

removes obstacles

- **Reject the diet mentality**
- **Make peace with food**
- **Challenge the food police**
- **Cope with your emotions with kindness**
- **Respect your body**
- **Honor your health with gentle nutrition**

improves trust & attunement

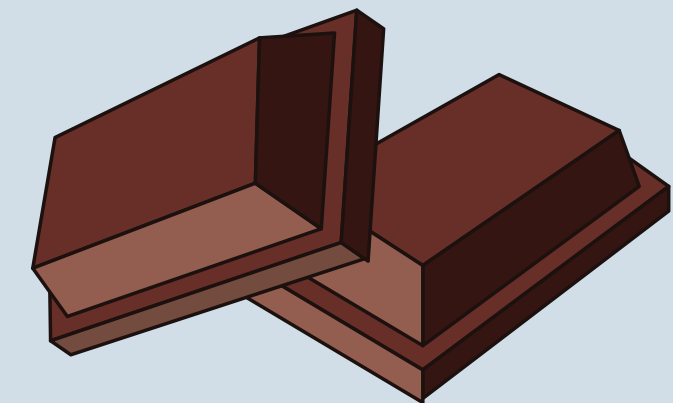
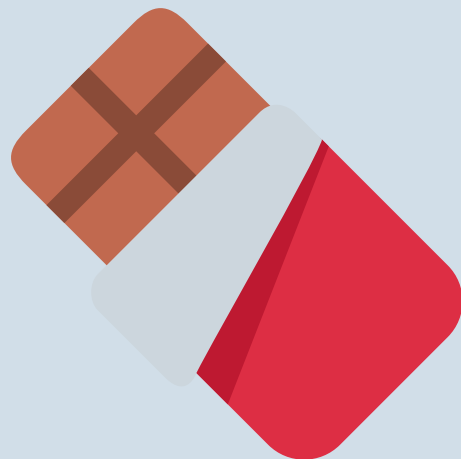
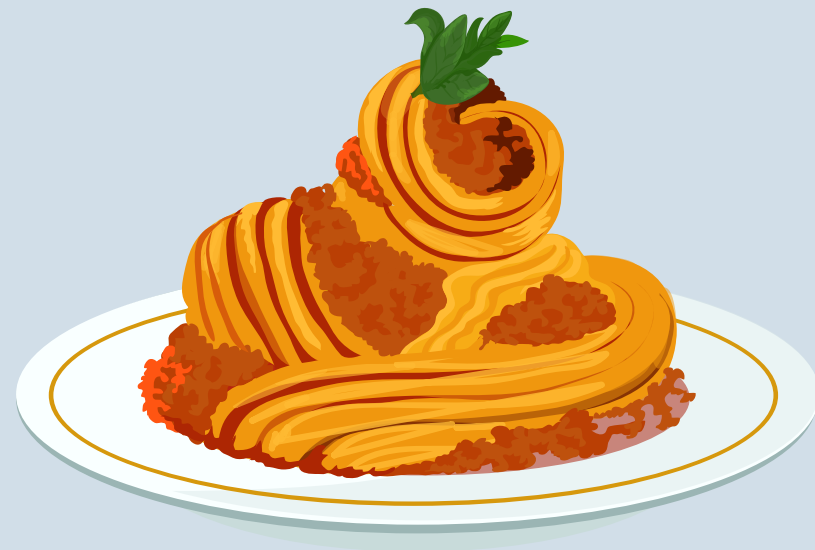
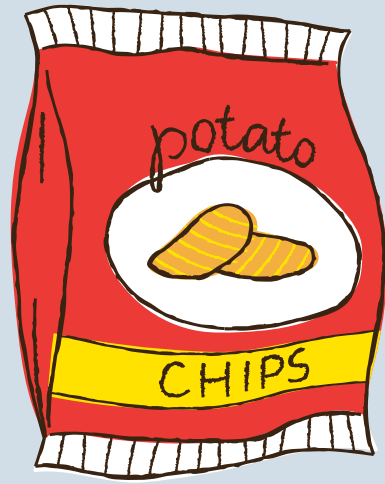
- **Honor your hunger**
- **Respect your fullness**
- **Discover the satisfaction factor**
- **Movement--feel the difference**

Don't be afraid to enjoy your food.

"make all activities pertaining to food and
eating pleasurable ones"

The Pleasure Palate





TASTE

- How will the food taste and feel in my mouth?
- Do I want something sweet, salty, savory, sour, or even slightly bitter?

TASTE



- Is that taste pleasant, neutral, or unpleasant?
- Is that flavor strong or light?

TEXTURE

- Do I want something crunchy, smooth, creamy, soft, lumpy, or fluid?

TEXTURE

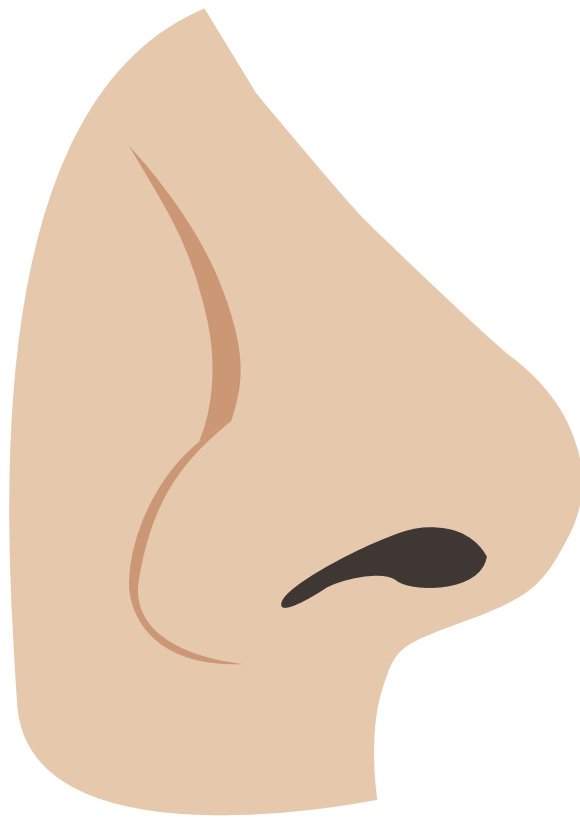


- How does crunchy feel to you?
- Is it abrasive to have to break into a crunchy food, or is it satisfying?
- What reaction do you have to food that is smooth and creamy?
- Does it remind you of baby food, and is that appealing or annoying?
- Is it difficult or easy to chew, what is that like for you?

AROMA

- What food aroma might appeal to me?
- What aroma in the environment would I want to eat in?

AROMA



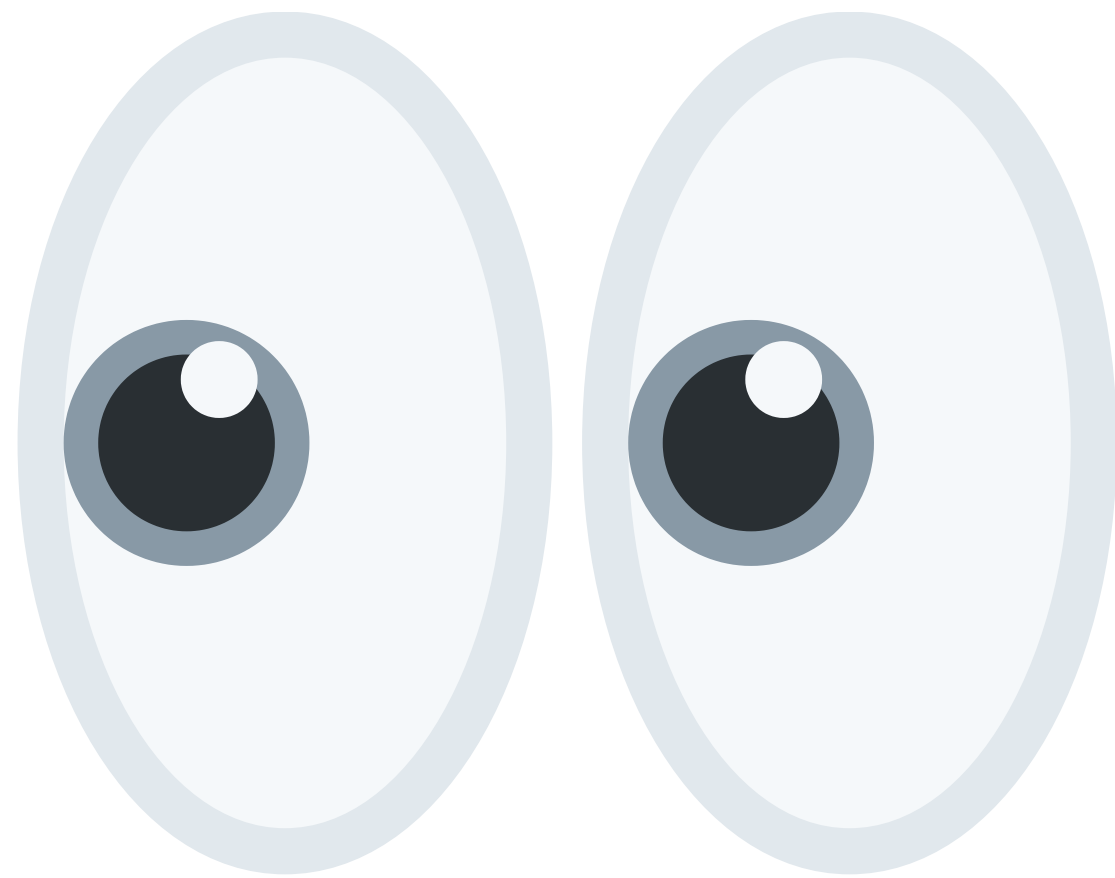
Inhale the coffee. Smell outside the bakery.

is it an appealing smell? (do your taste buds water)

APPEARANCE

- How will the food look to my eye?

APPEARANCE

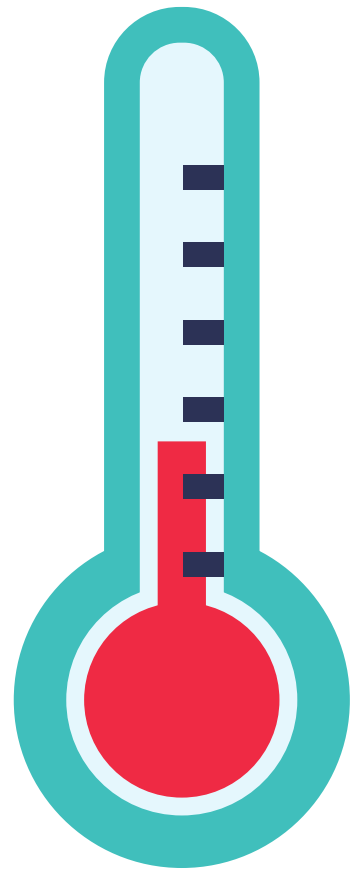


- Is it attractive to your eye?
- Is it fresh looking?
- Does the color interest you?

TEMPERATURE

Do I want something hot cold or moderate?

TEMPERATURE



- What is the most appealing temperature of your food?
- Do you like your hot food spoiling or temperate?
- Do you like cold drinks with lots of ice or very little?
- Is the room temperature just fine for you?

VOLUME

- Do I want something light, airy, heavy, filling, or in between?
- How will my stomach feel when I'm finished eating?

VOLUME



Even if something tastes and feels great on your tongue and in your mouth if it makes your stomach feel queasy or too full, it will diminish the satisfying experience



1. What do I feel like eating?
2. What food aroma might appeal to me?
3. How will the food look to my eye?
4. How will the food taste and feel in my mouth?
5. Do I want something sweet salty savory sour or even slightly bitter?
6. Do I want something crunchy smooth creamy soft lumpy or fluid?
7. Do I want something hot cold or moderate?
8. Do I want something light, airy, heavy, filling, or in between?
9. How will my stomach feel when I'm finished eating?



**Make your eating
experience more enjoyable**

Savor every bite & eat slowly





Savor your food

Make time to appreciate your food.

Try sitting down at the table or your desk.

Take several deep breaths before you begin to eat.

Pay attention to the sensations of eating.

Taste each bite of food that you put in your mouth.

Feel your fullness.



EXAMPLE (SPOT THE ERROR)

MaKai Nutrition LLC

Breakfast:

Hunger: 3

Peanut butter toast x1 with banana + coffee

Fullness: 5

Snack:

Hunger: 3

Crackers with Hummus

Fullness: 5

Lunch:

Hunger: 2

1/2 Turkey sandwich with strawberries

Fullness: 5

Snack:

Hunger: 3

Carrots

Fullness: 5

Dinner:

Hunger: 3

Torellini, side salad, garlic bread

Fullness: 10

11am:

Hunger: 4

waits until lunch

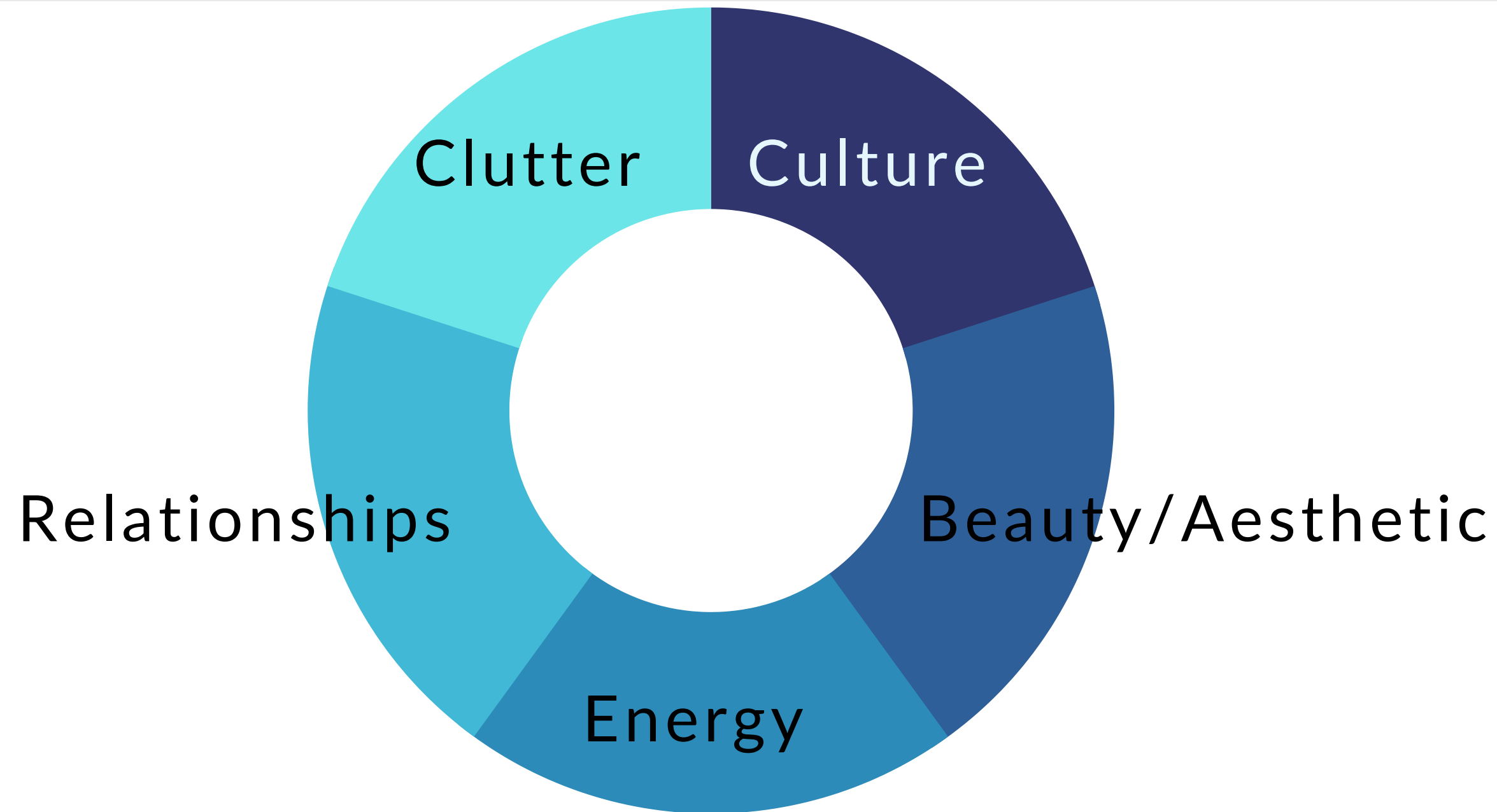
1pm:

Hunger: 2

**Grabs a wrap from the food
court and a bag. of chips**

Fullness: 9

The Satisfaction of your Environment







Distraction

Distraction - Duration = Disconnection



Satisfaction/Satiety Affected by Distraction

Satisfaction/Satiety Affected by Distraction

- Faster eating
- Disconnected eating
- Increased consumption
- Decreased Satisfaction

Duration

- How do I want to feel, physically, after eating this meal or snack?
- How long do I want this meal or snack to sustain me?
- When was the time I ate?

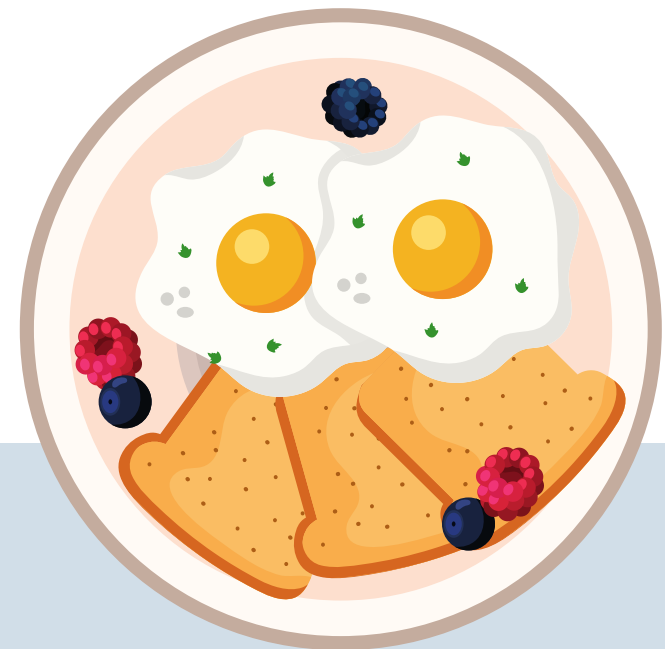
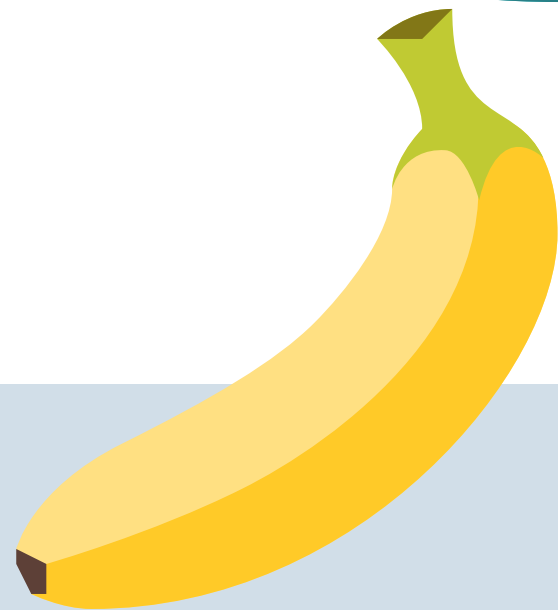
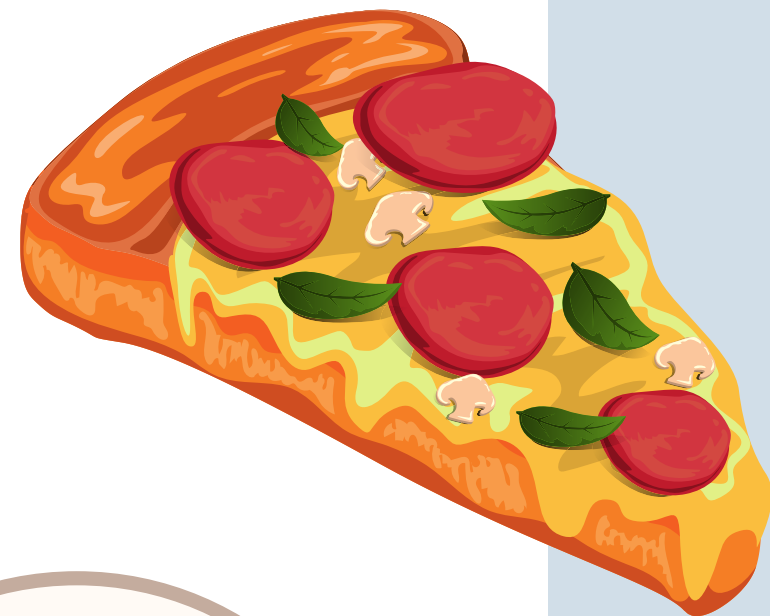
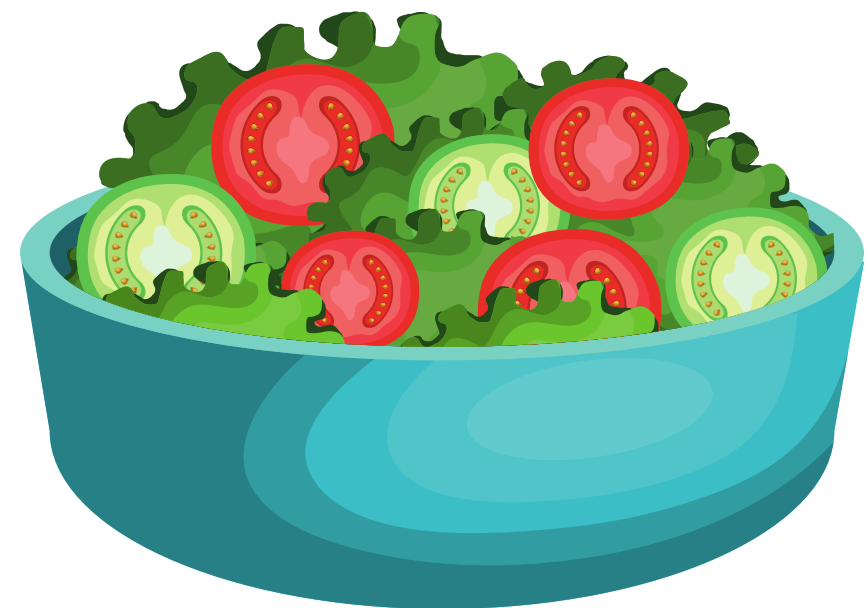
	10 Satiety Practices to Try	Duration (hours)
	<i>Meals</i>	
<input type="checkbox"/>	Smoothie –vs.- Peanut Butter Jelly Sandwich	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Special K Cereal w/milk –vs.- Toast w/Peanut Butter	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Salad w/Chicken –vs.- Salad w/Chicken and ½ sandwich	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Plain Toast And String Cheese –vs.- Eggs and Toast	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Puffed Rice cereal –vs.- Old-Fashioned Oatmeal	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
	<i>Snacks</i>	
<input type="checkbox"/>	Handful of Raisins –vs.- Handful of Almonds	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Nonfat Latte –vs.- Energy Bar (Such as Cliff Bar)	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Apple –vs.- Apple w/ peanut butter	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Cheese and crackers –vs.-Rice cakes and fruit	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Greek yogurt and berries –vs.- Granola Bar	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5



Reclaim your right to pleasurable eating



Don't Settle



WE'RE ALMOST DONE... LET'S RECAP!

Discover The Satisfaction Factor

What is it about satisfaction that is so powerful?

The barriers to satisfaction

Dieting,
distraction,
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Reclaim your right to pleasurable eating

"The pleasure trap" fear and how we can enjoy tasty foods without guilt!

hang tight for Q&A!

Thank You!