

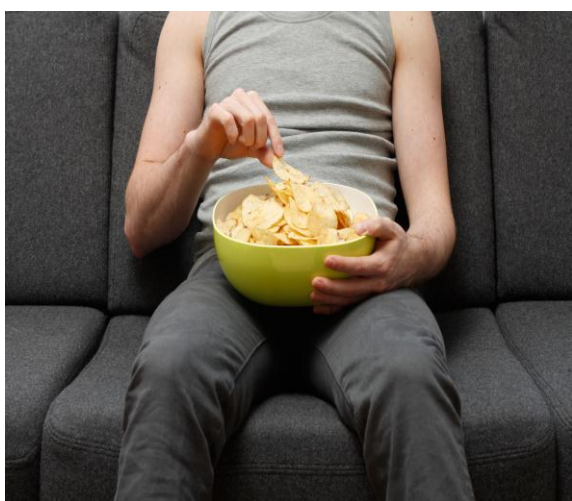


NUTRIeNT

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EMOTIONAL EATING

HAPPY NEW YEAR! Like many people, you may have made resolutions to embrace a healthier lifestyle. In 2014, improving health and fitness was the No. 1 priority for most people; personal finance came in at No. 2.



In a report by the Toronto Star Library, 68% of Canadians made a resolution for 2012. In 2011, here's how long the resolve to power on lasted:

- 19%: less than 24 hours
- 15%: one week
- 52%: one month
- 19%: the whole year

What are characteristics of an emotional eater?

- Feels hunger intensely and all of a sudden
- Craves junk foods
- Eats when stressed, bored, sad, angry
- Feels guilty for what they eat

One of the barriers to weight control is our response to, and our view of food. We also turn to food for comfort. For some, when stressful situations are encountered, food provides momentary relief. This is called Emotional Eating.

At one time or another, we may have all turned to food for as a pick-me-up, for a reward or to celebrate. Nothing wrong with that. But, when food is your go-to when feeling angry, lonely, stressed, bored, this can lead to weight control problems. Let's face it, when we make food choices in response to high emotions, these choices are often not on the dietitian's recommended list.

*"Emotional eating is the tendency of its sufferers to respond to stress by eating, even when not hungry, often high-calorie or high-carbohydrate foods that have minimal nutritional value."*¹

Recipe Corner:^v

Spice Roasted Almonds

Makes: 32 servings Serving size: 1 tablespoon



Ingredients

- 1 tablespoon chili powder
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground black pepper
- 2 cups whole almonds

Instructions

1. Preheat oven to 350°F. In a medium bowl, combine chili powder, olive oil, kosher salt, cumin, coriander, cinnamon and pepper. Add almonds and toss to coat. Transfer mixture to a 13 x 9 inch baking pan.
2. Bake about 10 minutes or until almonds are toasted, stirring twice. Cool almonds completely before serving. Store in an airtight container for up to 5 days.

Calories 62 Fat 5g Sodium 33mg Carb 2g Fiber 1g Pro 2g

Are you an emotional eater?ⁱⁱ

- Do you eat more when feeling stressed?
- Do you eat when you're not hungry or when you're full?
- Do you eat to feel better (to calm and soothe yourself when you're sad, mad, bored, anxious)?
- Do you reward yourself with food?
- Do you regularly eat even when already feeling full?
- Does food make you feel safe? Do you feel like food is a friend?
- Do you feel powerless or out of control around food?

References

ⁱ MedicineNet.com http://www.medicinenet.com/emotional_eating/article.htm#what_is_emotional_eating

ⁱⁱ Emotional Eating: How to Recognize and Stop Emotional Eating <http://www.helpguide.org/articles/diet-weight-loss/emotional-eating.htm>

ⁱⁱⁱ 5 Fascinating Emotional Eating Studies from 2012. Dr. Susan Albers http://www.huffingtonpost.com/dr-susan-albers/emotional-eating_b_2372030.html

^{iv} <http://www.webmd.com/diet/ss/slideshow-diet-for-stress-management>

^v Recipe <http://www.webmd.com>

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LEARN TO RECOGNIZE YOUR TRIGGERS:ⁱⁱⁱ

How do you know if you're succumbing to emotional eating rather than responding to natural hunger? There are clues and cues you can look for that can help to distinguish between the two. The interrelationships of how we eat, what foods we choose, when we eat, how much and where are all very complex. Recent research sheds some light on these aspects:

1. **Who you eat with matters:** your friends influence whether you're going to have that cheesecake or not. This is especially true for people who are "people pleaser". If their friends are snacking, they'll go along with the crowd.
2. **Chronic stress:** is your job leading you to gain weight? Stress produces the hormone cortisol. This results in the body craving high calorie, high fat foods. To make matters worse, the body tends to store these extra calories in the abdominal ("spare tire") area.
3. **Lack of sleep:** studies have shown that not enough ZZZs can be harmful to you waistline. When your brain is fuzzy, you're not going to make good food decisions; you're too tired to work out, to cook. Biology also comes into play: your body produces more Ghrelin, a hormone that stimulates appetite.
4. **Suppressing bad feelings:** depression, anxiety, anger or otherwise feeling bad does NOT lead to making bad food choices. What's key is HOW you handle these feelings. Research shows that suppressing your feelings – by not expressing them, keeping them to yourself and trying to push them out of your mind – can lead to emotional eating.
5. **You are who you are:** do you reach for "comfort foods" when under stress? But why do others lose their appetite? Leptin, the satiety (feeling of fullness) hormone, may have something to do with it. Some people may have lower levels and therefore do not get the signal that they've had enough to eat.

Stress-Busting Foods:^{iv}

Foods can help tame stress in several ways. Read on...

Oranges: are very good sources of vitamin C. Studies suggest this vitamin can curb levels of stress hormones while strengthening the immune system.



Fatty fish: Omega-3 fatty acids, found in salmon, tuna and other fatty fish can prevent surges in stress hormones and can protect against heart disease, depression and PMS.

Almonds: are rich with vitamin E to bolster the immune system and B-vitamins which may make you more resilient in times of stress and depression.

Milk: a warm glass of milk at bedtime can help reduce stress. Research shows calcium eases anxiety and mood swings linked to PMS.

Complex Carbs: all carbs prompt the brain to make more serotonin. For a steady supply of this feel-good hormone, choose whole grain breads, pasta and high-fiber breakfast cereals.



Black Tea: drinking black tea may help you recover from stressful events more quickly, as one study showed of people who drank 4 cups of tea daily for 6 weeks compared to people who drank another drink. Tea drinkers felt calmer and had lower levels of cortisol.