



STRESS & DIET

Managing Stress and Emotional Eating
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EMOTIONAL EATING

Stress

Depression

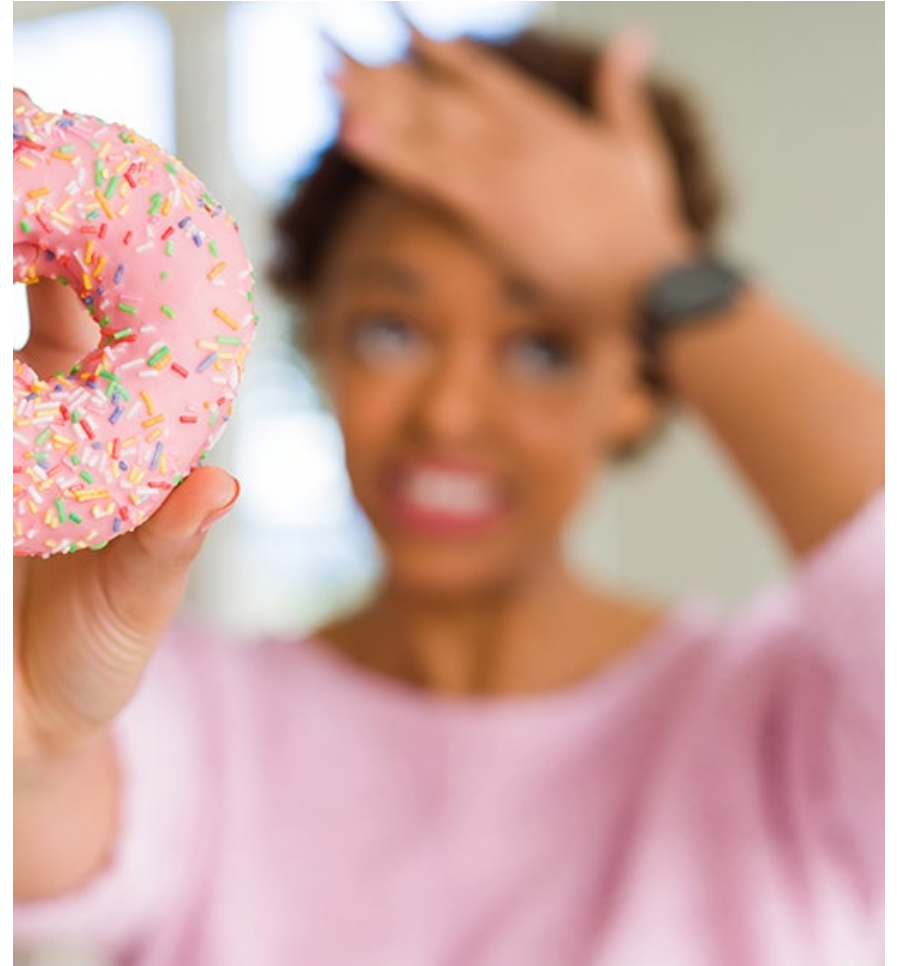
Anxiety

Boredom

Loneliness

Fatigue

Hangry



Credit: Getty Images/iStockphoto

STRESS & APPETITE

- Psychological and physical response to stress
- Environmental and emotional triggers
- Chronic stress= prolonged elevated cortisol levels
 - decreases leptin (satiety); increases ghrelin (appetite)
 - cravings for foods high in fat and sugar → weight gain
 - central adiposity (abdominal fat); insulin resistance

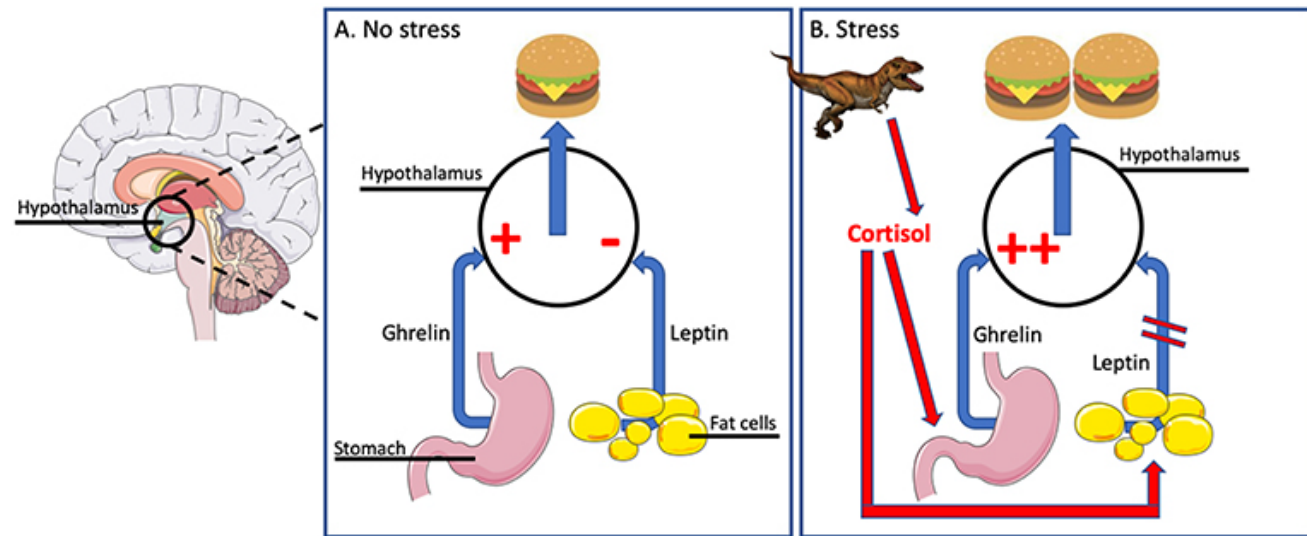
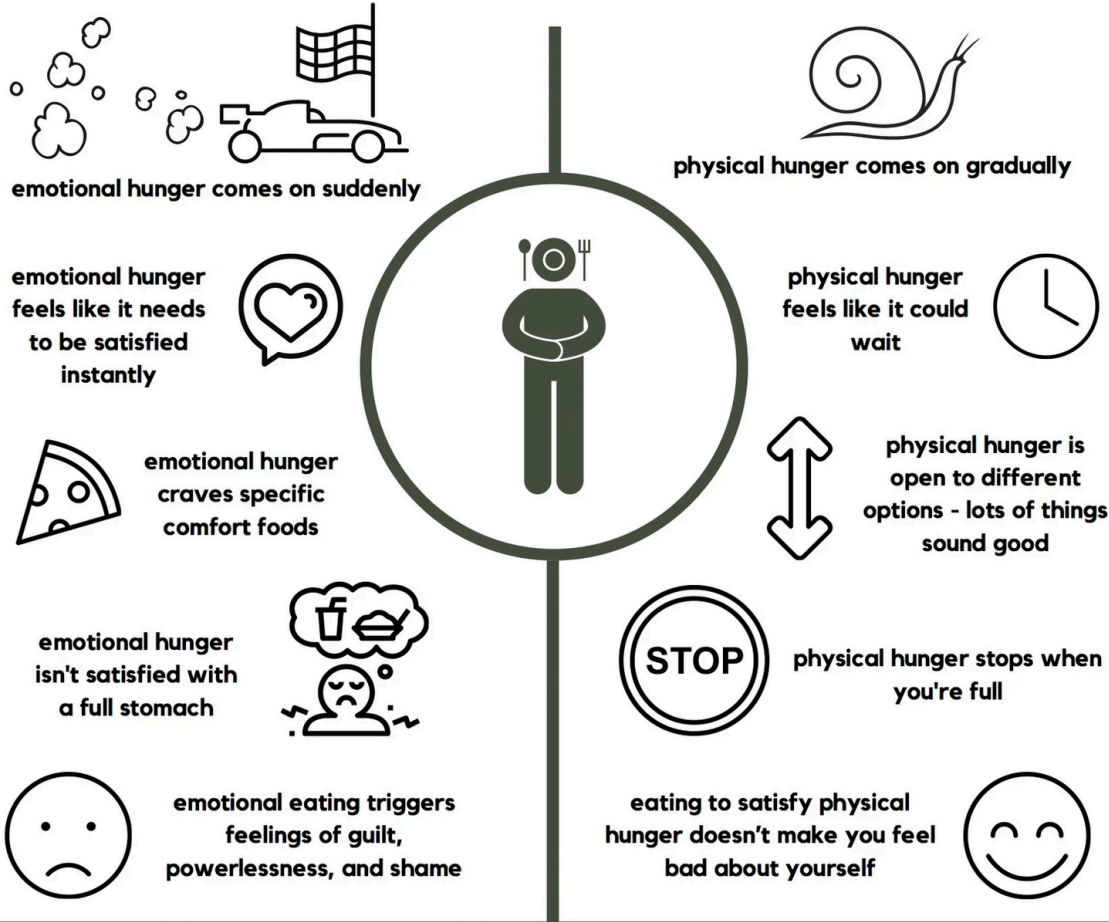


Image adapted from Servier Medical Art via <https://kids.frontiersin.org/articles/10.3389/frym.2019.00095>

CAN YOU
TELL THE
DIFFERENCE?

EMOTIONAL HUNGER VS PHYSICAL HUNGER



HOW DO I MANAGE STRESS EATING?

- Practice mindful eating – listen to hunger cues
- Curb cravings – choose healthier alternatives
- Snack smart – high fiber (fruits and vegetables) and protein
- Remove temptation/ junk foods!
- Keep a food diary
- Use portion control
- Don't deprive yourself
- Develop stress reduction techniques



MINDFUL EATING

- Check in with your hunger
- Take inventory of your food
- Eliminate distractions (TV, driving)
- Take small bites and chew food completely
- Eat slowly
- Use all senses while eating
- Listen to your body and stop when full

CURBING YOUR CRAVINGS

SWEET

- Smoothie with frozen fruit and low fat milk
- Fruit kebobs with low fat yogurt dip
- Apple slices w/ peanut butter

SALTY

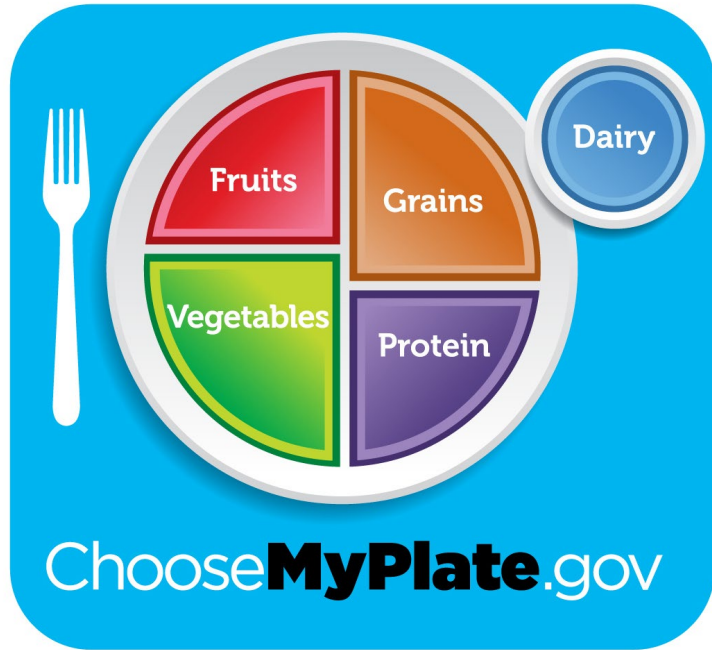
- Homemade trail mix with nuts, seeds
- Popcorn with dried spices

SAVORY

- Raw vegetables with Greek yogurt dip
- Wheat pita wedges with hummus
- Tuna with crackers
- Veggie skewers w/ grape tomatoes and cheese

NON-FOOD ALTERNATIVES

- Substitute snacking with a healthier behavior
- Go for a walk, have a game night, read or write, call a friend



GUARD YOUR HEALTH
My Mission. My Health.

Hand Guide to Portion Control

The hand guide illustrates portion sizes using hand gestures. A clenched fist is shown next to a portion of spaghetti, with text: "To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist." An open hand is shown next to a portion of meat, with text: "The recommended serving size of meat is 3 oz., roughly the size of your palm." A thumb is shown next to a portion of butter, with text: "Look at your fingertip. That's about a teaspoon, or how much butter your toast needs." Another thumb is shown next to a portion of peanut butter, with text: "Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter." A clenched fist is shown next to a portion of ice cream, with text: "A clenched fist is roughly one cup, or a double-serving of ice cream."

Sources:
<http://www.cnrp.usda.gov/Publications/DietaryGuidelines/2000/2000DCBrectureHowMuch.pdf>
<http://www.healthyarkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

www.GuardYourHealth.com

PORTION CONTROL

STRESS EATING STILL A STRUGGLE?

- May consider a medical condition that is affecting your appetite i.e. thyroid dz – Check in with your Physician
- Consider therapy or counseling – Mental Health Provider
- Seek nutrition guidance – Registered Dietitian

THANK YOU



Questions?



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REFERENCES

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-to-manage-stress-eating>
- <https://health.clevelandclinic.org/decoding-your-hunger-are-you-really-hungry-or-not/>
- <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342>
- <https://www.hsph.harvard.edu/nutritionsource/mindful-eating/>
- <https://www.hsph.harvard.edu/nutritionsource/stress-and-health/>
- <https://www.eatright.org/-/media/files/eatrightdocuments/nnm/smartsnackingforadultsandteens.pdf>