

Julie Sieja Satterfeal, MS, RDN, LD

Huntsville, Alabama



Shifting the Focus From Weight To Health

Problem

Diets do not work and perpetuate the problem they claim to solve.

Framing health problems as “obesity” lead to solutions (diets) that result in continued obesity and poor health outcomes.

Solution

Take weight loss goals off the table

Focus on how to eat before what to eat



1

Moving from – Setting weight loss goals and using weight to assess outcomes



2

Moving to – Providing resources to improve health and using markers of health to assess outcomes



▼ Weight is not a
good indicator of
health

Body – metabolic responses



Mind and Spirit – intellectual
and emotional responses

We must look at
how our initiatives
are framed

The health care
professional/RDN's
favorite paradigm –
How is it flawed?

These can be addressed using non-diet & non-weight loss approaches

Soda

Convenience foods

Portions

Eating Out

Busy schedules

Meal planning

What now?

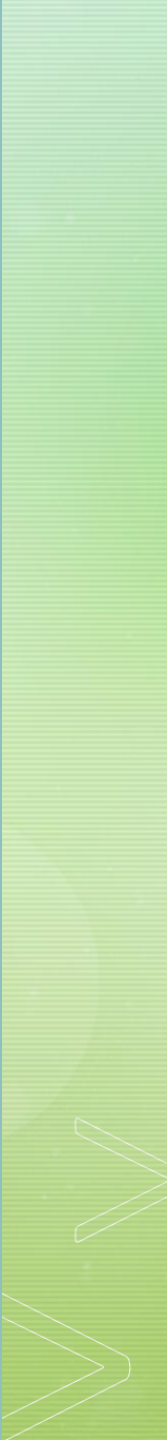
- Unlearning dieting mentality
- Reframing what defines health
- Broader assessment tools – hx of dieting
- Recognizing individuality



▼ How to Eat -
Getting back to
the basics



Foundation First

- Once we can recognize these cues and listen to our body and truly allow ourselves to eat any foods we choose, then we can begin to make moderate dietary changes that fit into our lives and with our health objectives. We tackle these strategies slowly and deliberately in a manner consistent with creating lasting habits while still maintaining the integrity of our metabolism and the joy of food in our lives.
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How to Eat Action Step Ideas

- Give yourself permission to eat – anything!
- Pay attention while eating noting levels of satisfaction and fullness
- Speak kindly to yourself
- Recognize all the ways your body serves you



What to Eat Action Step Ideas – Pick One!

- Carry water with you all day each day and drink it
- Eat breakfast, lunch, and dinner each day
- Plan 2-3 meals ahead that typically fall to the wayside
- Have a piece of fruit with breakfast
- Eat at least one leafy green vegetable per day

Thank you! Let's stay connected!

- Julie@triplebraided.com
- triplebraided.com
- ditchthedietnow.com
- Instagram and Twitter:
@TripleBraidedRD
- Facebook: Triple Braided Nutrition and Wellness
- LinkedIn: Julie Satterfeal

