

## Overeating Styles versus Whole Person Integrative Eating

The OVEREATING STYLES	Core Principles WHOLE PERSON INTEGRATIVE EATING
<p><b>#1.        Overeating Style</b> <b>EMOTIONAL EATING</b></p> <p>Turning to food to manage negative feelings, such as anxiety and depression.</p>	<p><b>#1.        Emotional Eating Rx</b> <b>POSITIVE FEELINGS</b></p> <p>Be aware of feelings and thoughts before, during, and after eating.</p>
<p><b>#2.        Overeating Style</b> <b>FOOD FRETTING</b></p> <p>Dieting. Judging food as “good” or “bad.” Over-concern about the “best” way to eat.</p>	<p><b>#2.        Food Fretting Rx</b> <b>APPRECIATE FOOD</b></p> <p>Appreciate food and its origins— from the heart.</p>
<p><b>#3.        Overeating Style</b> <b>FAST FOODISM</b></p> <p>A diet of mostly fast, processed, fried, high-calorie food.</p>	<p><b>#3.        Fast Foodism Rx</b> <b>GET FRESH</b></p> <p>Eat fresh, whole food in its natural state as often as possible.</p>
<p><b>#4.        Overeating Style</b> <b>SENSORY DISREGARD</b></p> <p>Not savoring scent, flavor, colors, etc., or “flavoring” food with loving regard.</p>	<p><b>#4.        Sensory Disregard Rx</b> <b>SAVOR FOOD &amp; FLAVORS</b></p> <p>Savor flavors, aromas, colors, and the mystery of life in food.</p>
<p><b>#5.        Overeating Style</b> <b>TASK SNACKING</b></p> <p>Eating while doing other activities: working, driving, watching TV, etc.</p>	<p><b>#5.        Task Snacking Rx</b> <b>MINDFULNESS EATING</b></p> <p>Eat with moment-to-moment nonjudgmental awareness.</p>
<p><b>#6.        Overeating Style</b> <b>UNAPPETIZING ATMOSPHERE</b></p> <p>Eating in unpleasant psychological, and aesthetic surroundings.</p>	<p><b>#6.        Unappetizing Atmosphere Rx</b> <b>AMIABLE AMBIANCE</b></p> <p>Eat in pleasant psychological and aesthetic surroundings.</p>
<p><b>#7.        Overeating Style</b> <b>SOLO DINING</b></p> <p>Dining alone most of the time.</p>	<p><b>#7.        Solo Dining Rx</b> <b>SHARE FARE</b></p> <p>Enjoy food experiences with others.</p>