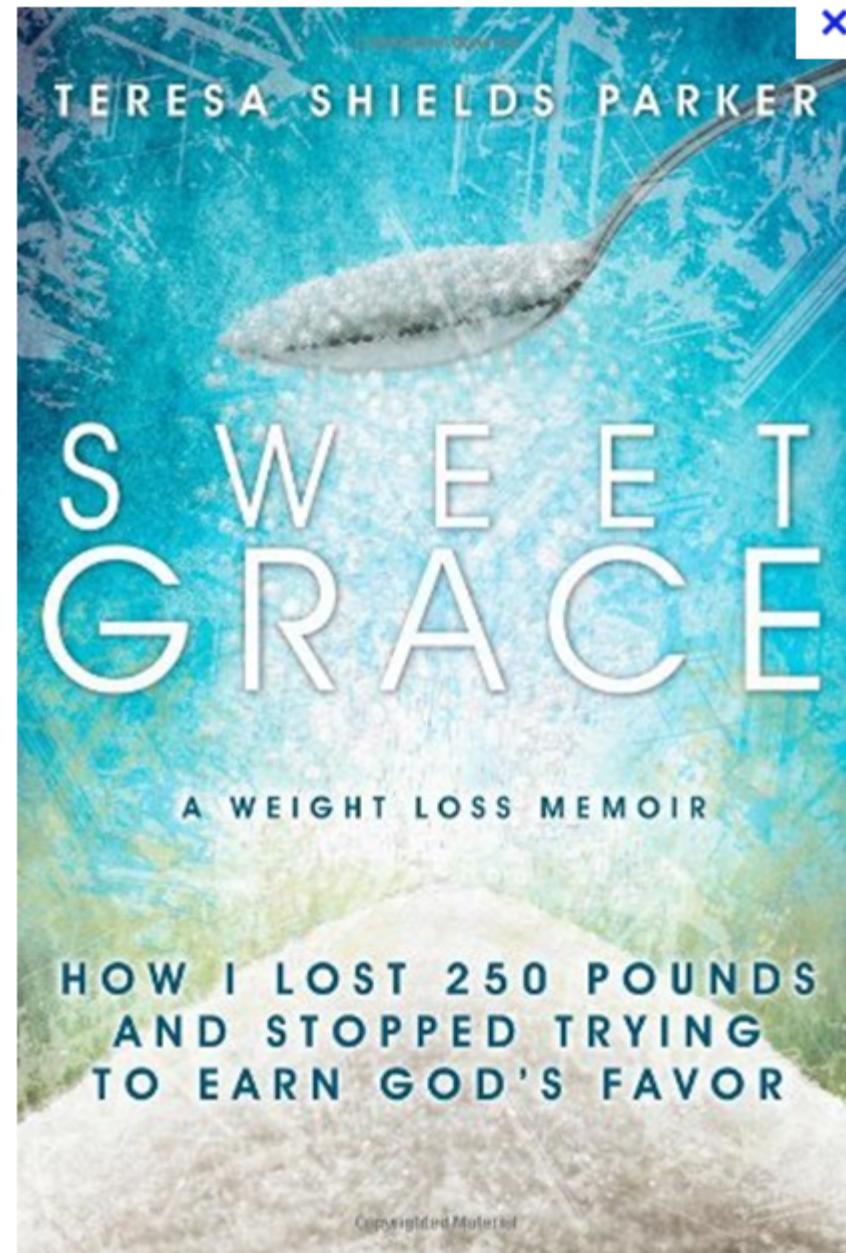


Sweet Grace

Is Food Addiction real?

I want to introduce you to my sister,
Teresa Shields Parker,
Author of the #1 Christian weight loss
memoir on Amazon



If you want to know if you need to lose weight don't ask your friends ask a 3 year old or a cardiologist .



This survey asks about your eating habits in the past year. People sometimes have difficulty controlling their intake of certain foods such as:

- Sweets like ice cream, chocolate, doughnuts, cookies, cake, candy, ice cream
- Starches like white bread, rolls, pasta, and rice
- Salty snacks like chips, pretzels, and crackers
- Fatty foods like steak, bacon, hamburgers, cheeseburgers, pizza, and French fries
- Sugary drinks like soda pop

When the following questions ask about “CERTAIN FOODS” please think of ANY food similar to those listed in the food group or ANY OTHER foods you have had a problem with in the past year

IN THE PAST 12 MONTHS:		Never	Once a month	2-4 times a month	2-3 times a week	4 or more times or daily
1.	I find that when I start eating certain foods, I end up eating much more than planned	0	1	2	3	4
2.	I find myself continuing to consume certain foods even though I am no longer hungry	0	1	2	3	4
3.	I eat to the point where I feel physically ill	0	1	2	3	4
4.	Not eating certain types of food or cutting down on certain types of food is something I worry about	0	1	2	3	4
5.	I spend a lot of time feeling sluggish or fatigued from overeating	0	1	2	3	4
6.	I find myself constantly eating certain foods throughout the day	0	1	2	3	4
7.	I find that when certain foods are not available, I will go out of my way to obtain them. For example, I will drive to the store to purchase certain foods even though I have other options available to me at home.	0	1	2	3	4
8.	There have been times when I consumed certain foods so often or in such large quantities that I started to eat food instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy.	0	1	2	3	4
9.	There have been times when I consumed certain foods so often or in such large quantities that I spent time dealing with negative feelings from overeating instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy.	0	1	2	3	4
10.	There have been times when I avoided professional or social situations where certain foods were available, because I was afraid I would overeat.	0	1	2	3	4
11.	There have been times when I avoided professional or social situations because I was not able to consume certain foods there.	0	1	2	3	4
12.	I have had withdrawal symptoms such as agitation, anxiety, or other physical symptoms when I cut down or stopped eating certain foods. (Please do NOT include withdrawal symptoms caused by cutting down on caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.)	0	1	2	3	4
13.	I have consumed certain foods to prevent feelings of anxiety, agitation, or other physical symptoms that were developing. (Please do NOT include consumption of caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.)	0	1	2	3	4
14.	I have found that I have elevated desire for or urges to consume certain foods when I cut down or stop eating them.	0	1	2	3	4
15.	My behavior with respect to food and eating causes significant distress.	0	1	2	3	4
16.	I experience significant problems in my ability to function effectively (daily routine, job/school, social activities, family activities, health difficulties) because of food and eating.	0	1	2	3	4

IN THE PAST 12 MONTHS:		NO	YES
17.	My food consumption has caused significant psychological problems such as depression, anxiety, self-loathing, or guilt.	0	1
18.	My food consumption has caused significant physical problems or made a physical problem worse.	0	1
19.	I kept consuming the same types of food or the same amount of food even though I was having emotional and/or physical problems.	0	1
20.	Over time, I have found that I need to eat more and more to get the feeling I want, such as reduced negative emotions or increased pleasure.	0	1
21.	I have found that eating the same amount of food does not reduce my negative emotions or increase pleasurable feelings the way it used to.	0	1
22.	I want to cut down or stop eating certain kinds of food.	0	1
23.	I have tried to cut down or stop eating certain kinds of food.	0	1
24.	I have been successful at cutting down or not eating these kinds of food	0	1

25.	How many times in the past year did you try to cut down or stop eating certain foods altogether?	1 time	2 times	3 times	4 times	5 or more times
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26.	Please circle ALL of the following foods you have problems with:
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Ice cream	Chocolate	Apples	Doughnuts	Broccoli	Cookies	Cake	Candy
White Bread	Rolls	Lettuce	Pasta	Strawberries	Rice	Crackers	Chips
Pretzels	French Fries	Carrots	Steak	Bananas	Bacon	Hamburgers	Cheese burgers
Pizza	Soda Pop	None of the above					

27.	Please list any other foods that you have problems with that were not previously listed:
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DSM 5 Criteria

Substance use disorders span a wide variety of problems arising from substance use, and cover 11 different criteria:

1. Taking the substance in larger amounts or for longer than the you meant to
2. Wanting to cut down or stop using the substance but not managing to
3. Spending a lot of time getting, using, or recovering from use of the substance
4. Cravings and urges to use the substance
5. Not managing to do what you should at work, home or school, because of substance use
6. Continuing to use, even when it causes problems in relationships
7. Giving up important social, occupational or recreational activities because of substance use
8. Using substances again and again, even when it puts the you in danger
9. Continuing to use, even when the you know you have a physical or psychological problem that could have been caused or made worse by the substance
10. Needing more of the substance to get the effect you want (tolerance)
11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

The DSM 5 allows clinicians to specify how severe the substance use disorder is, depending on how many symptoms are identified. Two or three symptoms indicate a mild substance use disorder, four or five symptoms indicate a moderate substance use disorder, and six or more symptoms indicate a severe substance use disorder. Clinicians can also add "in early remission," "in sustained remission," "on maintenance therapy," and "in a controlled environment."

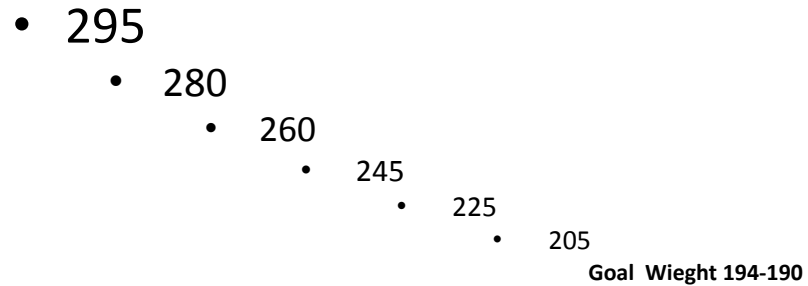
Binge Eating Disorder

- A. Recurrent episodes of binge eating (same as bulimia nervosa)
- B. Binge eating episodes are associated with three (or more) of the following
 1. Eating much more rapidly than normal.
 2. Eating until feeling uncomfortably full.
 3. Eating large amounts of food when not feeling physically hungry.
 4. Eating alone because of embarrassment.
 5. Feeling disgusted with oneself, depressed, or very guilty after overeating.
- C. Marked distress regarding binge eating is present.
- D. At least once a week for 3 months.
- E. The binge eating is not associated with the recurrent use of inappropriate compensatory behavior.

Duke Lipid Clinic Low Glycemic Diet Plan

<i>Low Glycemic Foods (20-49)</i>	<i>Moderate Glycemic Foods (50-69)</i>	<i>High Glycemic Foods (70-100)</i>
Breakfast Cereals: All-Bran All-Fiber One Bran Fruit 'n Oats Oatmeal (not instant) Oat bran	Breakfast Cereals: Bran Buds Just Right Special K Bran Chex Mini-Wheats Swiss muesli	Breakfast Cereals: Cheerios Corn Flakes Grape Nuts Grits Puffed Rice Rice Chex Shredded Wheat Total Corn Chex Cream of Wheat Grape Nut Flakes Nutri-Grain Puffed Wheat Rice Krispies Team
Fruits and fruit juices: (Limit to 1-2 servings per day) Apples Apricots (fresh & dried) Blackberries Blueberries Cherries Cranberries Peaches Pears Plums Prunes Grapefruit Raspberries Strawberries Tangerine	Fruits: Banana (under-ripe) Figs Kiwi Oranges Dates Grapes Mango Raisins	Fruits: Pineapple Banana (over-ripe) Watermelon
Apple juice Grapefruit juice Tomato juice	Fruit Juices: Cranberry juice Orange juice	Beverages: Sodas, sweet tea, pineapple juice
Beans and legumes (fresh-cooked): Black-eyed peas Butter beans Chick peas Lentils Green beans Lima beans Kidney beans Navy beans Pinto beans Snow peas	Beans and legumes: Boston-type baked beans Canned pinto, kidney, or navy beans Green peas	Vegetables: Potato, baked, boiled, fried, mashed French fries Canned or frozen corn Parsnips Winter squash
Non-starchy vegetables: Asparagus, avocado, broccoli, cabbage, cauliflower, celery, cucumber, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash	Vegetables: Beets Sweet potato Corn on the cob Carrots Yam	Breads: Most breads (white and whole grain) Bagels Bread sticks Bread stuffing Dinner rolls
Grains: Barley Rye Bulgur Wild rice	Breads: Pita (pocket) bread Pumpernickel bread Wheat bread, high fiber Oat bran bread Rye bread	Grains: Rice, instant Tapioca, with milk
Nuts and oils: Almonds Peanuts Sunflower seeds Hazelnuts Pecans Walnuts Oils that are liquid at room temperature	Grains: Corn meal Rice, white Rice, brown Couscous	Candy and most cookies
Dairy, fish, meat, soy, and eggs: Milk, skim Yogurt, lowfat, fruit sugar sweetened Lean red meat Skinless chicken & turkey Egg whites (up to 3 daily) Egg yolks (up to 7 or _____ per week)	Pasta: Macaroni Ravioli, meat filled Nuts: Cashews Snacks: Chocolate Muffin Pizza, cheese Spaghetti, white Macadamia Ice cream, lowfat Popcorn	Snacks: Donuts Jelly beans Pastries Corn chips Pretzels Restaurant and ethnic foods Most Chinese food (sugar in stir fry or wok sauces) Teriyaki-style meats and vegetables

- Set stair step goals (celebrate each step -health, activity, life)



Body Mass Index For 6'2" Male			
Below 18.5	Underweight	Below 143	
18.5-24.9	Normal	144-194	
25-29.9	Overweight	195-233	
30 -35	Obese Class I	234-273	
35-40	Obese Class II	273-311	
Over 40	Obese Class III	312 +	

The correct food + the correct portion – exercise = Healthy You

- Office food days
 - I was about 240 pounds in 2000 when I started DMH
 - By 2007 I was 295 pounds
 - If I eat the cookies, cakes, pies, I always ate too much
- Biggest loser competitions
 - Group Support
 - Contingency reinforcement
 - Episodic weight loss and gain
- Exercise is not enough
 - If I run 5K (3.1 miles) I burn 500 calories
 - Very easy to consume 500 calories

500 Calories =

1. One Arby's Beef'n Cheddar Classic w/ 1 tbsp. or horsey sauce
2. One Plain Bagel w/ plain cream cheese
3. One Belgian Waffle w/ 1.5 tbsp. maple syrup
4. One Dunkin Donuts Medium Frozen Mint Chocolate Chip Coolatta with skim milk
5. Five Slices of Bacon
6. One Big Mac (550)
7. Starbucks Venti Caramel Frappuccino w/ 2% milk & whipped cream
8. One 6 inch Black Forest Ham on Wheat Bread w/oil & Vinegar (no cheese or toppings)
9. 4.5 oz. of cheddar Cheese
10. One Original size Jamba Juice Aloha Pineapple Original Size
11. ½ cup dry roasted peanuts (3.5 oz.)
12. ¾ cup almonds roasted salt free

Healthy Lunch: Salad, tomato, onion, peppers, low fat shredded mozzarella, sunflower seeds, walnuts, turkey, or chicken.

Healthy Snacks: Apples, Almonds, plain Yogurt and unsweetened applesauce.



Breakfast; Oatmeal with fresh or frozen fruit or honey and spices

