



Mindful Eating and Diabetes: Can being more aware improve blood glucose control?

In this teleconference Megrette Fletcher M.Ed, RD, CDE, diabetes educator and co-author of *Eat What You Love, Love What You Eat with Diabetes* reviewed research showing how awareness can improve blood glucose control.

Learning Objectives: Participants will be able to state

1. What mindful eating is, based on The Principles of Mindful Eating, www.tcme.org
2. How to bring the concept of mindful eating into diabetes self-management
3. Where a person with diabetes or prediabetes could go for more information about mindful eating.

What are the Principles of Mindful Eating?

TCME.org

Mindful Eating is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

How can I bring the concept of Mindful Eating into my Diabetes Self-Management?

Visit: <http://www.tcme.org/patientNewsletter.htm>

Look at the handouts that are available.

Select a handout that you feel would benefit you. Here are some suggestions:

Handling Triggers

Molly Kellogg, RD, LCSW

[Handling Triggers](#)

The Center for Mindful Eating, is a 501c3 nonprofit organization promoting the concept of mindful eating.

To learn more visit www.tcme.org

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Choice

Molly Kellogg, Choosing Your Way to Mindfulness

[Patient Newsletter - Fall 2007](#)

Creating a mindful eating practice

Ronna Kabatznick, PhD

[Patient Newsletter - Summer 2008](#)

Benefits of Mindful Eating Practice

Ronna Kabatznick, PhD,

[The Benefits of Committing](#)

[to a Daily Eating Meditation](#)

[Practice](#)

Research to support Diabetes Care and Mindful Eating

Comparative Effectiveness of a Mindful Eating Intervention to a Diabetes Self-Management Intervention among Adults with Type 2 Diabetes: A Pilot Study

Reference: Journal of The Academy of Nutrition and Dietetics, Nov 2012, Vol 112:11 pg 1835-1842

Purpose of the study was to evaluate the impact of a DSME intervention compared to the MB-EAT program, called MB-EAT(D). MB-EAT-D was an intervention: Mindful Meditation, Eating and Practice of physical activity and body awareness. Participants were encouraged to cultivate “inner wisdom” and “outer wisdom” MB-EAT-D included basic information regarding MNT, including the relationship among energy, carbohydrates and fat intake, weight regulation, and glycemia.

Study had 27 assigned to MB-EAT-D and 25 “Smart choices”

Summary: Adults with type 2 diabetes can achieve weight loss and improve glycemia regardless of whether they receive training in mindful eating or MNT for diabetes self-management. Some patients might like to participate in a DMST program first and then engage in Mindful Eating program to facilitate maintenance of change.

About the Speaker: Megrette Fletcher M.Ed, RD, CDE can be reached at www.megrette@megrette.com. You can learn more about *Eat What You Love, Love What You Eat with Diabetes* by visiting www.DiabetesAndMindfulEating.com

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