



**Intuitive eating is simple:
Eat when you are hungry
until you are satisfied.**

gain may account for one-third of all breast cancers. Weight gain of more than 11 pounds (lb.) as an adult, along with less than 30 minutes of physical activity daily, is linked to an increased risk of cancer.

So, what is a healthy waist size? For women, it should be 35 inches (in.) or less. For men, it should be 40 in. or less. This also helps reduce risk of a heart attack, Blach adds.

Keep eating in check

To keep waistlines in check, you don't necessarily have to start policing all of your calories, but you do have to be conscious of your own hunger cues and start listening to your body.

Research shows dieters who sustain weight loss are the rare exception, and often gain back more than they lost, says Tammie Gimenez, clinical dietitian with DB Productions of NW AR Inc.

Too often people have a misconception of what their body should look like, instead of fueling it for what it was designed to do. Gimenez gives the example of a Bullmastiff trying to be the same

weight as a Poodle, but their body types are completely different. A Bullmastiff wouldn't be healthy at a Poodle's weight, and vice versa.

Instead of diets, she offers the idea of intuitive eating. Intuitive eating is a self-care eating framework that integrates instinct, emotion and rational thought. It's a non-diet approach to health and wellness.

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Health experts at Angus Convention suggest you manage your diet as well as you do your herd's.

by Kasey Brown, associate editor

Why is there a human nutrition article in a cattle magazine? With a theme of matters of convenience, it's sure not convenient when you are sick. The cows still need to be fed, the calving heifers still need to be checked, and the equipment still needs to be maintained. Cattlemen know all too well the ranch does not stop for holidays or illness. It's far more convenient to just stay healthy, especially if you are the stubborn sort who refuses to take the time to see a doctor.

A cattleman's job is to provide for cattle so they can, in turn, provide a high-quality protein source to feed our families and the world. But are we eating healthfully?

So much of our own health is tied to our nutrition. How many of us know people whose only lunch is a few sticks of beef jerky and a Mountain Dew®?

Why should we care?

Obesity can cause various

issues, says Deanne Blach, of DB Productions of NW AR Inc.

Type 2 Diabetes is a well-known effect of obesity, but obesity can also increase the risk of Non-Hodgkin's lymphoma by 94%, breast cancer by 112%, pancreatic cancer by 176%, kidney cancer by 375%, colorectal cancer by 46%, ovarian cancer by 51%, and uterine cancer by 525%.

The main culprit of obesity is visceral fat and inflammation. Visceral fat is an endocrine tissue

that produces inflammatory mediators. It also produces growth hormones like insulin-like growth factors (ILGF) and estrogen.

Visceral fat is especially prevalent in abdominal fat. More abdominal fat creates an "apple shape," as opposed to a "pear shape" of those with more fat around their hips and thighs. Abdominal fat increases the high-sensitivity C-reactive protein (hs-CRP) and other inflammatory cytokines. As the waistline decreases, so goes the hs-CRP.

Blach shares research from H.J. Thompson at Colorado State University saying failure to limit adult weight



Tammie Gimenez explains that intuitive eating can get rid of the diet mindset and focuses on listening to your body's true hunger cues instead.

It has plenty of benefits, like a lower body mass index, less emotional eating, higher levels of the good cholesterol (HDL) and less stress.

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Gimenez shares 10 tips to help increase success with intuitive eating from a video by Kelsey Heenan with www.hiitburn.com.

1. Unlearn the diet mind-set.
2. Throw away scales, both for body weight and food. This helps you acknowledge your hunger cues.
3. Burn your “never ever” eat list.
4. Shut down negative thoughts.
5. Learn when hunger is satisfied. Eat slowly and even pause during meals. Let your stomach catch up with your brain.
6. Learn to cope with feelings outside of food.
7. Understand your God-given shape.
8. Shift your workout goals to improve strength and movement, not just weight loss.
9. Practice balance in nutrition. Heenan gives the example of 80/20: 80% of the time, she concentrates on eating nutrient-filled foods, but 20% of the time she includes treats. Nothing is off-limits, and she doesn’t deprive herself of anything.
10. Give yourself grace.

Fiber decreases proliferation of colon cancer cells, Blach says. It decreases insulin release from the pancreas. It also helps digestive health, controls blood sugar, helps lower cholesterol and promotes satiety. Fiber is the indigestible part of a plant, and comes from whole grains, legumes, nuts, seeds,

fruits and vegetables. Soluble fiber mainly comes from fruits and veggies and nuts, while insoluble fiber comes from grains.

The goal for fiber consumption is 25-35 grams per day.

If eating out, your nutrition doesn’t have to go out the window. While intuitive eating does have room for treats, Gimenez and Blach still suggest ways to keep eating out from hindering your goals.

Most restaurants have their menus online, so you can plan ahead. Avoid filling up on the free chips and salsa or bread, and look for nutrient-filled sides. If you’re super hungry, start with a salad or a cup of soup.

They suggest ordering

something with all different food groups. How often do we order a meat entrée with sides that are just carbohydrates?

They also note that portion sizes are giant at restaurants, so asking for a to-go box is smart. They also suggest ordering a lunch portion or an appetizer in place of an entrée and adding a non-starchy vegetable.

If you’re at a fast-food restaurant, ordering a kid’s meal will give you a more adequate portion size, and more now offer more nutritious sides, too.

Most ranchers do not lead a sedentary lifestyle, but Blach notes walking has been proven to reduce abdominal fat.

Being active and conscious of the nutrients in your diet can help stave off long-lasting and detrimental effects to your health, so you’re not down for the count when it comes to your cattle. ■



Deanne Blach says a healthy waistline for females is 35 inches or less and for males is 40 inches or less.

Editor’s note: DB Productions of NW AR Inc. will again offer health screenings and educational presentations at next year’s Angus Convention in Kansas City.