

Full Plate Podcast Transcript

Episode #115: ADHD, Binge Eating, and Processed Foods with Becca King, RD

00:00.00

Abbie

Welcome back to another episode of full plate. I'm so excited for this conversation. It's a deeply important one to me. It's definitely personal on a lot of levels which we'll talk about but I have. Becca King here today and Becca is a registered dietitian and certified intuitive eating counselor from Charlotte North Carolina and as an adult with adhd who struggled for years with disordered eating Becca is passionate about helping ADHDers who struggle with binge eating. Chronic dieting and body image issues find food freedom and improve their self-esteem - I love that part. She uses the principles of intuitive eating and a weight inclusive approach to nutrition for Adhd in her virtual practice. Welcome Becca I'm so psyched to have you here to talk about all things ADHD and eating and the body experience.

00:51.99

Becca

Um, yes, thanks for having me Abbie. I'm so excited I love your content on social media. So when you reach out I like yes I'd love to chat with her. Yeah, but every guy does something like this is so relatable.

00:57.42

Abbie

Oh my God I Love yours too.

01:05.25

Abbie

Like I honestly like could not ditto on ah and 1000000 levels for your content. Yeah I'm ah truly it's so helpful and it's so applicable to so many people like I think before we dive into this conversation if you're listening to this and you don't have AdHD.

01:09.11

Becca

Um, ah.

01:14.68

Becca

Yeah.

01:22.48

Abbie

Like this will still be a really helpful conversation and most of us know most of us have 88 years in our life. So yeah, yeah.

01:23.40

Becca

Absolutely yes, yeah, you probably have at least 1 person you know or there's things we'll get out of this conversation I talked to another dietitian last week and they're like I love this stuff would help be helpful for people who don't have ADHD I'm like oh absolutely, it's just. We need a little extra attention to some of these different things. Maybe so.

01:46.46

Abbie

Yeah, for sure and I think every time I listen to I mean I love um I love podcasts and every time I listen to a podcast about somebody else's experience whether it's like Neurodivergence or some other health condition.

01:58.48

Becca

Um, yeah.

01:58.78

Abbie

I don't know if it just gives me more compassion, more understanding and I'm just so interested I'm like gosh. It's so interesting how we all function in the ways we do, you know? So I want to start before we dive into all that stuff. I want to start with what's on your plate. So.

02:04.41

Becca

Um, yeah, it really is.

02:13.54

Abbie

First part of that question is like is there a food you've been loving lately and the second part of that question is what's on your life plate right now.

02:18.90

Becca

Yeah I'm trying to think I think a weird thing I've been not weird a thing I've been into really a lot recently is cottage cheese on toast. Um like but I do like savory so like with a little bit of like avocado or with not avocado with a little bit of everything bagel seasoning and like. Then I do my like fried egg or whatever. Um I don't know I used to do yogurt on toast a long time ago I saw someone do it once I was like that looks really good and then I was like why couldn't I put I think I didn't have avocados once so I was like why don't I put cottage cheese on toast and you know so I have something to put on my toast and. Was really good and I've started seeing people put cottage cheese on toast on social media like yes other people are doing it. Um, so it's like an interesting thing I've been into and um, now that it's getting warmer I will probably start getting into smoothies again too. Yeah.

03:16.47

Abbie

Oh you're a smoothie fan. Oh I'm a year-round ice cream person doesn't matter if it's cold out I will put a jacket on and eat my ice cream. Ah yes, but.

03:18.55

Becca

Big smoothie person and ice cream's always a food that I yeah yeah I'll have my blanket on and snuggled up like yeah, there's always at least 1 pint of ice cream in in my freezer at any given time.

03:35.66

Abbie

Oh yeah, multiple I need because like I can't run out and then you know it's funny. You brought up the cottage cheese thing I feel like cottage cheese like people are so divided on it like either. You really like it or you really don't at least that's been my observation I'm a big fan and.

03:38.30

Becca

Yeah, yeah.

03:48.39

Becca

Um, yeah, yeah.

03:53.62

Abbie

I know I had the same experience where like I I like never had thought about putting it on toast or something but like it's just like any other dip like a hummus or like whatever you know of course? Yes, yes, totally yeah.

04:02.32

Becca

Um, we like Ricota toast is a big like thing and I like kind of just like that. Um, just a little bit different.

04:12.10

Abbie

So delicious and so easy which we're going to talk more about today but like bring on all the convenience stuff like toast with a spread is just can't can't beat it convenience. So what about lifewise.

04:17.84

Becca

Um, yes.

04:21.30

Becca

Yeah, so convenient. Lifewise I'm getting close to finishing my book. So that's a big thing that's on my plate which I'm really excited about and then I also started I'm doing a group. Program not myself. But I'm in a group program. So. It's nice to not be be the coach for once but just for Eight H years just because I needed some support in life. So those are two things that are on my plate that I'm yeah.

04:50.81

Abbie

Ah, Becca I love that you share that. First of all I'm so excited about your book so that is amazing and is it about adh d I'm assuming.

04:56.30

Becca

Yeah, yes, yes, yeah, it's my goal is it for for it to be like a practical guide to feed yourself as an adult with Adhd because all of the like die. The. Diet books for 8HD or like heal your adhd with diet and eat this not that and I'm like this is not helpful to people at all. Yeah.

05:22.16

Abbie

Any did to anyone especially people with Adh D Yeah yeah, oh I know.

05:27.41

Becca

Yes, yes, like yeah, just make this you know make everything from scratch and only eat or get like all of the like wellnessy stuff and you're just like this is when people struggle with executive functioning. You're just making them climb a mountain and then feeling terrible about themselves when they can't actually do these things especially also just like. Really overly restrictive diets that aren't really evidence based either. So. It's like why would we put people through all of that for it to maybe help with your manager Adhd. So.

05:55.65

Abbie

Ah, right? and just to get you obsessed with something else that just distracts you from functioning in the ways that you really want to and having like a you know a life that feels authentic and good to you. You know.

06:03.65

Becca

Um, yeah.

06:10.74

Becca

Um, yeah, because it just takes a much brain space like.

06:12.11

Abbie

Especially with right exactly and when you have a brain that functions differently so to speak not that there is a normal way for your brain to function but like um, we'll get into this more about like I have Ocd and so in different ways I can get really obsessed with certain things you know so like.

06:19.49

Becca

Um, yeah.

06:30.70

Becca

Um, that.

06:31.48

Abbie

That was such a dangerous path for me and it's such a dangerous path for somebody whose brain. You know, tends to fixate on things or you know get distracted and oh my God All the wellness stuff the sugar. The whatever it's ah so damaging. So this is so needed when do you have an idea of when it's going to be.

06:37.78

Becca

Yeah.

06:44.44

Becca

Um, yeah, all of 2025 so it'll be a while. So June is when my like second half of my manuscript is due.

06:50.80

Abbie

Out yet? Ok Yay! Okay, well we'll have to have you'll have to come back when you're getting ready when it's like going to release so that we can talk about it and like.

07:00.31

Becca

So then.

07:06.20

Becca

Um, man. Um, yes, yes.

07:07.90

Abbie

Get it in. Everybody's hands. That's so exciting. Um, and I just wanted to say. Thank you for sharing that you're doing your own like you're in a program yourself like normalizing how we all just need extra support like.

07:18.92

Becca

Now. Yeah.

07:22.49

Abbie

Those of us who are in like counseling positions need counseling too.

07:25.54

Becca

Um, yes, we really do and it's just like I am really good friends with I like colleagues with the coach and she I just like one of the there's an eight h d psychologist who calls. Vitamin c like connection and how helpful that is for Adhd years and umm I've just like been feeling like I've been needing some extra like connection and community and having that like is so valuable and you're trying to just like make changes or do the things that like for my eighth do brain I'm like I know these.

07:41.64

Abbie

Ah, ah.

07:58.60

Becca

Things are helpful but I just need like that accountability or people that are you know, struggling to do those things as well or maybe have challenges there and having other people that get it and we had our first call yesterday and I was just like yes I feel so like at peace now that I'm you know getting to talk to other. Other 8 aged years that are in a similar spot as me. So.

08:18.68

Abbie

Yeah, connection is so healing. It's just it really is. There's nothing like it like doing a group kind of program like that and just feeling seen and not feeling so isolated and everything you're struggling with like it's so hard to overcome anything when you've.

08:21.65

Becca

Um, it really is.

08:29.46

Becca

Yeah, yeah.

08:38.29

Abbie

When you're kind of stuck and stuck in those shame spirals when you're by yourself. You know.

08:38.71

Becca

Yeah, yes, yeah, and it I love at least for me when I'm working with my clients I see that so much of like okay well like just the relief of hearing someone share something that you're experiencing and being like okay cool. This is not just a me thing. Especially I find.

08:47.66

Abbie

Um, yeah, yes.

08:58.11

Becca

When you're struggling with food. It feels like you're the only person sometimes struggling with it Even if you logically know that you are not the only person like struggling with it. It can feel like that and it's just it's so isolating and hard to make changes when you feel like you're alone.

09:13.34

Abbie

It really is and you know this actually brings up the thing that I wanted to ask you about first you know as we get into this conversation about the adhd experience with food and disordered eating I'd actually love to hear I imagine for you.

09:20.91

Becca

Are.

09:31.99

Abbie

It was an isolating experience at some point in time when you were you know whether it was leading up to your diagnosis or or starting to kind of navigate life with Adhd would you take us kind of back in time like when were you diagnosed? How did that all happen and what did it feel like to you.

09:49.94

Becca

Um, yeah I'll go back a little pre-diagnosis. So like my junior year middle year like junior middle of junior year of high school I moved from Atlanta to Charlotte and when we moved I remember having a thought that like.

09:51.80

Abbie

Going through that experience.

10:07.89

Becca

I can't control anything in life. But I can control what I'm eating and like not just like my external world but like my internal world always felt chaotic and I think food became like a kind of a hyper fixation for me of like let me try and eat as healthy as possible, kind of thing and that unfortunately. Like spiraled into anorexia and then by senior year of college or of that college of high school. My parents were like we're going to start taking you to therapy because you have an eating disorder and I was like ah what and like um, that kind of like started that journey and then I went off to college. And I didn't like my school had a treatment team for eating disorders because it's so prevalent there but they didn't quite give me the right kind of support. So it's just like I'm going to do my own thing and so then that pendulum swung the complete opposite way and I started binge eating and felt. So out of control around food and by my sophomore year of college I got back into therapy and my roommate who's my best friend. She also has adhd and we're like 2 peas in a pot and I was just like you know I brought it up with my therapist as like I think this is. Something I'm struggling with and like we started kind of going down that round. She's like yeah you do have adhg and then I got put on medication and started seeing a psychologist. It was really great. Um, but I was always still kind of like struggling with food. There was always something missing from like the eating disorder.

11:42.26

Becca

Conversation and it like and it was definitely adhd for me I was like there's something here that like doesn't fit my story and then like as I started exploring intuitive eating starting to realize like there was this big connection between a Hd and my relationship you know with food.

11:52.47

Abbie

Um.

12:02.25

Becca

So a very broad summary of it. But yeah I discovered intuitive eating like in grad school or towards the end of undergrad I can't quite remember but around then it when I started to get curious about it and I was like this seems really.

12:04.70

Abbie

My.

12:17.64

Becca

Woow woo as so dieticians on social media like Rachel Hartley and other people just like ate food and living their life and I was like what are these? yeah I was like what are these dieticians doing and I was like this is this is what this is what dieticians do and then I was like well.

12:23.70

Abbie

You crazy people.

12:34.41

Becca

You have tried everything you can possibly think of um and none of it's working all of it's making your relationship with food worse. So like let's just try it and things started to click for me. But for me, it was also like trying to figure out the like I'm on medication am I like cheating intuitive eating because I take an appetite suppressant.

12:34.65

Abbie

Right.

12:53.96

Becca

And like how do I do this like if I don't really have hunger cues like everybody else experiences so it was an interesting journey to navigate a little bit. Hey.

13:00.19

Abbie

Um.

13:05.87

Abbie

Ah, thanks for sharing that I I think well you know, ah the pendulum swing I I relate to that so much I had Anorexia and ah absolutely experienced that exact same thing and.

13:12.28

Becca

Is several.

13:22.84

Abbie

You go from feeling out of control in 1 way to feeling out of control in a whole other way and it's it really does. Yeah and you feel really broken. That was my experience like as if it's just like I don't know there's a lot of shame.

13:28.50

Becca

Um, yeah, and it feels so wreck like if this feels so chaotic. Um.

13:42.35

Becca

Um, yeah.

13:42.81

Abbie

Binge eating at least there was for me and um I also just want to like speak it out loud here on the podcast that like it's so normal to have that experience because it's such an It's actually like a really normal response to restrictive eating whether or not you ever had a diagnosed eating disorder you know like.

13:54.26

Becca

Yeah.

14:02.90

Becca

Um, yeah.

14:02.41

Abbie

The bodies seeking out food when it was like experiencing food scarcity for so long. Yeah yeah.

14:04.90

Becca

You Especially yeah, have for a long period of time like your body just wants to get nourished again and it's just protecting you I think that was something that was really helpful for me to like learn or like when I started kind of figuring things I was it. Oh.

14:21.71

Abbie

Yeah, yeah.

14:23.70

Becca

It's not like there's I don't It's not willpower or all those other things that you hear all the time I was like oh no like my bodies just protect like trying to protect me. Um and that was what made it so much easier to not be as mean to myself. But there was a long period of time or especially with that pendulums when you're like is it ever going to get better like.

14:26.22

Abbie

Right? Yes, yeah.

14:40.64

Abbie

Right.

14:43.32

Becca

If I can't you know if I'm either under eating or eating everything like what's you know is I is it ever going to change and it did change. So if anyone's listening and they feel hopeless and or in a similar place. It change can happen there and I get better.

14:56.68

Abbie

Yeah, thank you for saying that it can I'll second that and I I want to know more about what you know I want to because I want to start getting from your experience with Adhd into your experience with food. But first I'm kind of curious as somebody who. Doesn't have a d I have a husband with adhd and I want to tell you a funny story in a little bit about when we met um and like a food story with him. Um, but we have so you can imagine like our brains function in really different ways in in um, something that I find.

15:23.77

Becca

Um, ah, let me say.

15:30.48

Becca

Um, yeah.

15:34.20

Abbie

Fascinating and I think it'll help us get into the the food conversation and help people understand why someone with Adhd might struggle with eating in certain ways. What does adhd feel like to you like what are what are like the experiences you have or especially prior to you know.

15:44.75

Becca

Um, you move.

15:50.45

Becca

Or.

15:50.98

Abbie

Medication starting to help you or and you getting some self-awareness around it like what did it feel like to be in your brain.

15:55.62

Becca

Um, yeah I feel like the way I describe my brain usually is like a bunch of min and like the little minian characters like they're running around and there's file cabinets in my brain and they're all just doing whatever they want to do like we're going to throw these papers here and are going to throw them here and. We'll shove some papers in this cabinet and we don't even if that's not the right one. We'll get to it later like just chaos a lot of the time. Um and all like yeah, always thinking about something I definitely daydreamed a lot which is like I've combined type Adhd but as a kid I daydreamed. A lot where at night like my brain would not shut off even as a kid I would like pace and my parents like never knew I did this was like I don't know how you didn't notice but I would like pace up and down the hallway at night and just think and like my brain just until I could be tired enough to go to sleep. Even though I would like go to gymnastics for 2 hours or whatever you know I'm still not tired despite being a very active kid so there's little things I look back at I'm like oh that makes a lot of sense I think emotional dysregulation was something that was. Not even on my radar until I got until I got older but I wish it would have because I think that would have probably been helpful for like my parents of realizing especially for women like emotional dysregulation is a big piece of adhd and like.

17:25.69

Becca

Teens tend to you know we tend to be um, well maybe a little bit more emotional tes but like those highs and lows for me are very high and low. Sometimes I was like ah these little outbursts for things that maybe me aren't like the emotional response isn't matching what caused it basically like a little thing could just set off this whole spiral downwards. Like I remember in college I started frying eggs in college and I like remember like flipping the egg or whatever with the pan and trying not to crack the yolk and if the yolk would crack out of a like full meltdown like my whole day is pretty much ruined and like I can't even flip an egg like and it would just go from I can't flip an egg to like i'm. The worst like I'm just ah I'm ah I'm terrible at being an adult and you're like how it it's just like it's such a quick spiral and I'm sure people if they have 8HE of like I totally understand that where it's like. These little things just especially if they all add up over the day like oh I went to my car and I forgot my car keys so I got to go back upstairs and now I'm like going to be late to work and then I hit every stoplight or whatever on the way there and then you get there and you're like oh my gosh you know. Forgot to do something for somebody at work and now they're upset and it's just like a whole cascading thing. A lot of times that gets exhausting. Yeah.

18:38.98

Abbie

Yeah, that sounds so exhausting The minions are such a great description just throwing papers can I tell you my so with O Cd It's funny I feel like the the equivalent of that for me is that I have like one minion.

18:47.50

Becca

Um, yeah.

18:57.17

Abbie

Who takes charge I don't get to choose which minion it is and that minion is like this is what we're thinking about today and this is what we're doing and it's like I don't get to choose and it's like this one really loud channel in that voice. it's so funny so it's so different you know you were talking about emotional dysregulation and daydreaming.

18:58.79

Becca

Um, yeah.

19:09.22

Becca

Um, yeah.

19:16.82

Abbie

And like the kind of forgetfulness and feeling scattered what about like your sense of time did that was that something you struggled with too like.

19:23.76

Becca

Um, I surprisingly feel like I have a decent idea of like what time it is in the day like and usually decent like if I look at my watch I'm like I don't understand how I'm pretty close to that.

19:33.74

Abbie

Um, ah yeah, yeah, yes, yes, that's what I meant. Yeah.

19:38.61

Becca

But my perception of how long it takes me to do things is where yeah is where it's like skewed where I'm like oh this task should only take 10 minutes and it takes me an hour and then I feel terrible about myself or this really easy task that I've been putting off for you know for forever took me. 2 minutes to 2 and I would have been a lot much better peace of mind if I would have just went and did that thing probably earlier. So yeah, my perception of how long it takes me to do things I think is where my perception of time is a little bit more skewed but like where I'm at in the day I can usually kind of pinpoint.

20:06.25

Abbie

Um, yeah, yeah.

20:11.65

Abbie

Yeah.

20:17.63

Becca

That But yeah perception of time can be really hard.

20:20.49

Abbie

Well, it's easy to see how a lot of like I know know you've just only mentioned like a few of probably hundreds of experiences you have and other people have with Adhd but it's easy to start to see how these things would get in the way of.

20:29.96

Becca

Um, yeah.

20:37.36

Abbie

Your ability to nourish yourself regularly or and or like the way that you sense and feel and experience your body and like what's going on in your body and and what you need. So.

20:38.93

Becca

Um, yeah.

20:48.23

Becca

Um, name.

20:51.86

Abbie

When you think about your experience with food. You personally I know everyone will have slightly different and then we can get into kind of more generalized Adhd experience but like yeah tell me how all this started impacting now that you look back and you have like kind of.

20:59.28

Becca

Um, yeah.

21:06.45

Abbie

Ah, clearer perspective on everything that happened over the years with your eating disorder and everything. How do you see this? How do you see this experience of Adhd for you intersecting with food.

21:11.29

Becca

Um, yeah.

21:16.99

Becca

Um, yeah I think the like control piece like all of my like food rules and severe undereating was like a ah like hyper fixation like I really got. A lot of dopamine I think out of like doing the quote unquote right? things with food. Um because often like if you looked at what I ate looking back then I ate a lot of the same foods over and over again. But I like wasn't Necessari like severely severely restricting. It was just I was also super active but like. Would look like a deep like pretty normal you know type of foods but I had a lot of rules like there was a barrier I remember that my dietician in high school being like so let's make a list of your Forbidden foods and I was like let's make a list of the foods I do eat or we're going to waste a whole entire hour writing out what I don't eat like that's not a good use of our time. And so I think that piece like the stimulation of like doing or trying to do all those things and in high school I think it was a little bit easier to do those things because I had someone you know managing a lot like you know you have parents and you know things are a little bit different when you're living at you know at home with your parents than. Out in the world and working and all of that good stuff. But then when I got to college I think that the binge eating piece was a lot of it was being very hungry I think and not knowing how to regulate my eating like not knowing when I was hungry not knowing when I was full.

22:45.77

Becca

Not having a schedule to follow in college and then once I got medicated it kind of started to fuel more of that binge restrict cycle that I was already kind of in but I would do it. It got worse like where I wouldn't eat. You know I'd push off eating as long as I could and then when my medication would wear off I'd be so hungry and then binge and I'd get in that cycle then eventually I was like okay we can't be skipping breakfast anymore. We can't be skipping meals. We kind of at least got to eat more regularly. And that started to help but then I still wasn't eating enough and I still had too much restriction around food that was still leading to me bingeing at night because it was like you know I ate a salad with chicken and an apple for lunch. It's like that's not going to be enough. Food.

23:33.80

Abbie

Yeah, ah yeah.

23:35.22

Becca

Like good at the time I'd be like well that should be enough and then I get you know to the evening and just be so ravenous. Um, so I think medication was a great tool to help me like get through school and do all those things and it's a lovely tool to help me like function in my Day-to-day but I definitely had to pay a lot more attention to my nutrition. Or else. It. It is just so easy to get in that cycle of not eating during the day or waiting until like I can barely function to eat because I you know I'm so hungry or I just feel off when I'm medicated like it's not necessarily like in my stomach that I'm Hungry. It's like feel like I'm going to like pass out.

24:06.92

Abbie

Right.

24:14.41

Becca

Or I'm really angry at everybody and everything and that's probably a sign I need to eat. So so.

24:20.46

Abbie

Yeah, oh my gosh you've named so many great things that I want to talk about like so I want to start first with you are just talking about the binge restrict cycle and how common that is with Adhd because of it's it's kind of that that.

24:31.73

Becca

Ah, yeah.

24:39.66

Abbie

Kind of lack. You can have that lack of those hunger cues that were I mean I think we're also done a disservice Thanks to diet culture like we're very conditioned to think that a hunger signal is really just a growling stomach and so I think that leads most of us astray in general and so like.

24:53.68

Becca

Um, yeah, yeah, but.

24:58.84

Abbie

We might not be eating enough during the day if we're only relying on that signal but for Adhd it sounds like it is really hard to tune in. You can easily get distracted by becoming hyper fixated on something that you're doing the meals get pushed off you end up skipping.

25:02.00

Becca

Yeah.

25:08.41

Becca

Now.

25:17.21

Abbie

Or you're on the medication and it's suppressing your appetite but by the evening the body can't you can't trick your body and so the binging happens. Yeah, ah.

25:22.51

Becca

Yeah I call it the hunger and monster. Yeah I call it the Hunger monster in the evening because it's just like there's just that it's such an insatiable hunger and like there's no willpower you can override that.

25:39.81

Abbie

Yeah, exactly.

25:40.16

Becca

That's a biological you know, response again of like my body protecting me of realizing if I binge at night that was my reframe when I started intuitive eating was like you need to eat more like tomorrow. You need to eat more because clearly you didn't eat enough at some point during the day today and that's.

25:51.41

Abbie

That's right.

25:57.71

Becca

And that's okay, we're just learning. We're learning that that wasn't enough and we can add more to that to that plate. Um, yeah, there was something else. They wanted to add and I can remember what it was um, it was something with hunger cues.

26:15.82

Abbie

It's okay, do you want me to say something and maybe it'll come back to you? Do you have it I feel like I can your face is like you might have it. So.

26:21.93

Becca

Um, so close. Um, yeah, yeah, like we have yeah like oh the thing I was gonna say is like differences in interoception of like we can struggle with recognizing hunger cues. Oh and the

other thing is like we if we have all these food rules of like you know like I pushed off eating and now it's this weird hour.

26:28.50

Abbie

Right.

26:39.54

Becca

So you know it's it's I didn't remember to eat lunch and now it's three P M should I eat lunch now or should should I just wait and you get all hung up on all those things too of like when you have all those extra rules. It doesn't help you eat when the like when.

26:53.92

Abbie

It's a disaster. You can imagine like the description you were giving before about like the minions in an Adhd brain. It's like you have all your your regular Adhd minions and then you have when you have this kind of these food rules. It's like you're putting in a whole other army of minions who have all these thoughts on like.

26:57.52

Becca

Things get in the way.

27:13.76

Becca

Um, yeah, yeah, and then they just probably like they're like battling with each other you all like who's gonna win. Yeah, um.

27:16.40

Abbie

The food rules right? Like yeah, right, Totally exactly I can picture it I can picture it. So So this and you can like see how. Eating intuitively and like quote unquote listening just listening to your body becomes really difficult and this is difficult for a lot of folks with neurodivergence but I want to talk about like what do you recommend for folks who are struggling with a lack of hunger cues during the day and.

27:38.48

Becca

Um.

27:47.53

Abbie

Someone with Adhd who's having a really hard time there. Maybe they're having this binge experience in the evening or they're eating to discomfort and you mentioned 1 thing that's so

important and it was life changing for me which is like starting to approach that with compassion like.

27:53.41

Becca

Um, yeah, but.

27:59.99

Becca

Him now.

28:02.49

Abbie

This just means you needed more during the day this isn't you doing something bad or wrong. This is your body getting the energy it needs but obviously no one enjoys that experience right? Like no one enjoys the binge experience in the evening. So what has what has helped you.

28:09.28

Becca

Um, yeah, yeah.

28:16.54

Becca

Um, no, why I think practical hunger is the big piece like if you feel like your hunger cues are off. That's usually what I will.

28:18.74

Abbie

What has helped what helps a lot of your ad Hd years that you work with.

28:30.77

Becca

Use this like my gateway like if you feel like intuitive eating is not for you because you don't recognize or you struggle with recognizing when you're hungry or when you're full like practical hunger is like the gateway to being able to eat intuitively and for me when I started intuitive eating I was like well. I kind of approached my med suppressing my appetite. It's like you know I should just honor my practical hunker of eating every 3 to 4 hours and so I got into kind of a routine with doing that as best as I could and eventually I could almost get to being like a clock where I could start to feel. Especially when I worked a more regular scheduled job. It like was easier to be like oh it's 10 thirty like I could tell like right when when usual time for my mid-morning snack was because I could just feel my body would be off even though I was medicated like it wasn't oh my stomach growling and I'm like I feel. Like my energys kind of low I'm kind of struggling to to focus but I'm medicated right now. So I shouldn't be struggling with that as much as I feel like I am right now and then I go eat a snack and those things would go away or I get angry at the speed of my internet. That's when

I know now as a hunger queue like like. Internet speed has not changed. You just are hungry. So.

29:50.20

Abbie

I Love that it's like yeah is a sign of hunger for me is definitely irritability and impatience um or like having a hard time just making decisions is definitely one for me a sign that I'm hungry.

29:56.12

Becca

Um, yeah, yeah, yeah, and especially if you notice that with food I've had clients like I could never figure out what to eat and if you're not thinking about food until I'm hungry I need to eat in the next ten or fifteen minutes

30:13.52

Becca

It's probably gonna be really hard to think through what do I Even want to eat at that point in time like I had what client once she's like I can never figure out what I want to eat and it's well you're waiting to get some your ranness to eat and then every either everything sounds good or nothing sounds good and it's really frustrating and like you have to have at least.

30:22.37

Abbie

It's like because you wait too long. Yeah yes.

30:32.20

Becca

Ah, general idea or even like hey here's 3 snacks I know I keep in my house like I can pick one of those kind of thing. Um versus there's this whole entire pantry of every single thing I want and then you're like that's overwhelming I'm just not going to eat or. Gonna eat some whatever or a bunch of random things and it's not satisfying and all of that good stuff.

30:52.54

Abbie

Totally this reminds me of the story I was going to tell you about my husband? Um, okay so this was like probably our second honestly like our second or third date and this is like ten years ago and I remember this so clearly it was so traumatic for me. Ah.

31:08.84

Becca

Ah.

31:10.50

Abbie

So I was like our second or third date and I went to his apartment for the first time and this is back when we were living in Dc and we're there and we're like hang out I remember I like open his fridge. There is Becca there is not a single thing in it like I am not kidding. It looked like a.

31:25.71

Becca

Um, wow are you okay, can you take your grocery shopping.

31:30.50

Abbie

Brand New fridge had been delivered that day like there wasn't even a condiment I like nothing.. There's not a single thing open his pantry nothing I'm like oh my God am I dating a sociopathic. What's happening are you okay and and the second part So One part of me was like. What's wrong with this person and the other part of me was like kind of like scared because having had you can probably relate to this having had recovered from an eating disorder. It's like that scarcity mentality exists in you and so like if you don't have food available. You know what. Mean it's like a threat to your system and I was like oh my God He doesn't have any snacks like what if I get hungry. Um I was like I need to fix this but what I learned over time that he had been doing is like just like you just Described. He basically was so hyper focused all day. This is just his like.

32:04.86

Becca

Um, yeah, yeah, what am I going to do? Yeah yeah.

32:23.56

Abbie

With work he would it would get until like late at night and all of a sudden he would realize how starving he was and he would order tons and tons and tons of takeout and so that was the thing he never like stalked his house because he never like felt the need to get stuff but it was just.

32:34.94

Becca

Yeah, um.

32:38.43

Becca

Um, yeah.

32:42.24

Abbie

Tons and tons and tons of takeout every night. Nothing wrong with takeout I love takeout. We got it all the time but like that was the experience of like the thing you just described which is like oh my god all of a sudden I'm so hungry and everything sounds good or nothing sounds

good and I'm just going to order everything and then I'm going to eat and I don't feel good after.

32:46.81

Becca

Um, yeah.

32:59.80

Becca

Um, yeah, um.

33:01.92

Abbie

And then it starts up the next day so yeah and I have like now I I have to remind him to eat like still and but I now I get it because like for me with Ocd it's kind of the opposite I feel like I'm like overprepared as a human often and so I can't forget things.

33:04.41

Becca

Yeah, um.

33:08.46

Becca

Um, yeah.

33:17.79

Becca

Um, yeah, yeah, yeah.

33:21.93

Abbie

Um, but I love like I Just love what you shared in normalizing that do you said? did you set alarms for yourself at first I'm just thinking of somebody listening to this and them thinking. Okay, how do I start doing this.

33:29.86

Becca

Um I think I don't think I again being like pretty decent with time is like okay if I'm eating breakfast at 7 you know ten or eleven is going to be for your 4 hours so

33:40.44

Abbie

Um, ah.

33:47.69

Becca

Sometime in that window like I need to eat with school like I would usually kind of figure out where are my breaks in my day and kind of redetermine when lunch was gonna be like especially by the time I went to grad school I was working on campus full like as a.

33:55.87

Abbie

Yeah.

34:05.76

Becca

Graduate assistant. So I was there all day long. So I had to bring my lunch or get lunch. You know on campus and it was really small school. So like there was like 1 little cafeteria compared to where I went to undergrad where there was food everywhere which was so nice and convenient. Um, so I had to be prepared. And so usually would pack my lunch and have everything ready but I knew like okay if I have this break in between this class and this class that then that's what I'm going to eat lunch or gonna have my snack and I just like let go of the idea I needed to eat at like meal quote unquote meal you that like lunches at noon like I don't.

34:38.70

Abbie

Yeah, yeah.

34:43.72

Becca

Wear if I eat lunch at noon that is a shocker to me like I don't follow regular meal times at all anymore and it's just so freeing to just be like okay I just eat and instead of being like oh well, it's this weird time should I eat. It's just like how hungry and yeah, the cow hungry am i.

34:48.80

Abbie

Same same.

34:58.32

Abbie

Um, there is no weird time like it's like yeah if you're right.

35:01.57

Becca

And to eat. Yeah I like to laugh I find like humor in it of like feeling rebellious of like I'm I'm being you know so rebellious I'm eating dinner at eight thirty at night and it's like like just yeah, yeah, like um.

35:05.85

Abbie

Yeah, look at me. Yeah, it's like there is no right time to eat or wrong time to eat I'm like you I have no kind of thing like that now that's a is example of a food rule like you said earlier like really letting go of this idea that there is any way that we should be eating.

35:20.98

Becca

I yeah, because like it's eleven forty five my I can't eat lunch until noon and like you could you wait? Yeah, you need to your body needs to wait 15 minutes for you to like the doors are open stomach is open as it's twelve o'clock it's like no you can eat. It's okay.

35:25.69

Abbie

And no, it's like no body doesn't know. No yeah.

35:42.59

Becca

And you might have to eat at certain times like if you have ah you know your lunch breaks out of hour or whatever and that's where like practical hunger can come in of like you might not be hungry at your lunch break, but it might be a good idea to eat if that is the only time you get a break in your workday to like.

35:44.33

Abbie

Right.

35:58.57

Becca

Eat and honor your hunger or else. You're not going to eat your whole workday and then be ravenous when you get home from from work.

36:03.72

Abbie

This is so awesome. This is so great like I love this I agree. It's so liberating and I don't even have adh D and this has been so liberating for me and I can imagine that if you if you struggle with this particular thing like this is so important to hear like there's.

36:14.63

Becca

Ah.

36:21.28

Abbie

You know, eat at whatever times you need to eat and do it regularly and consistently and I think said the other thing I want to talk about related to this is normalizing like for Adhd just processed foods frozen foods takeout. We kind of talked about that with my husband but like.

36:23.94

Becca
Yeah.

36:33.91

Becca
Or.

36:39.61

Abbie

Talk to me about this like how you how you see this as something that's so important in the eating experience for folks with Adhd.

36:45.60

Becca

Um I look at like I like to call convenience foods like shortcuts because they're usually a shortcut you know they're going to take less time to prepare whatever there's something. There's some sort of shortcut there. So I like to call them that sometimes because I'm like that might. Make it feel better to people because there isn't so much of a connotation with it but like even processed foods. All those things. It's just like it lowers the barrier to eating um is one way I liked of it like and even if you don't have Adhd like we all have really busy lives and like we don't all have time.

37:13.20

Abbie
Amen.

37:20.86

Becca

And the privilege to be able to cook every single meal from scratch you know and it would be lovely if we could and some of us don't want to and so there's ways around that that you can you know use those processed and convenience options and they're just safe like say are there often safe foods they're predictable like. When you open a bag even like a bag of chips or you know oreos like 99.9 percent of the time when you bite into that food. It's gonna taste the way you expect and the texture's gonna be the way you expect like unless that food is expired probably is probably the only time that like it might not taste.

37:40.70

Abbie
Here. Ah.

37:57.81

Becca

Have the right texture that you're expecting, but that makes it predictable and reliable versus like biting into blueberries or grapes or whatever like all all of our fresh yet again and um eggs is a really big one for a lot of Eight H years where they're like very.

38:09.23

Abbie

Um, chicken.

38:17.00

Becca

A lot of my clients are big I'm really iffy with eggs and like I totally get that like so sometimes you can be great and then all of a sudden you just randomly get the egg from eggs and it's just like I don't know why I Just don't want eggs for a while. Um, so yeah, it's like those things aren't especially if so if you go places and someone else is cooking your eggs right? like it might not be.

38:32.67

Abbie

Yeah, yeah.

38:35.39

Becca

The way you expect them to be and then it's not the way you like it and it doesn't taste like right like Chicken's one for me if it's like Burtissie chicken. It can't be pulled off bone like and like put in a container because my partner has done been so kind and like I like you know, pulled all the chicken off so you could just throw it on a salad and then I went to eat and I was like.

38:44.75

Abbie

Ah.

38:53.67

Abbie

Yeah, yeah, yeah, yeah, yeah, yeah.

38:54.13

Becca

I Don't know why but it does like it doesn't right or like microwaved chick like it can't I can only eat cooked chicken like hot when it's cooked or it has to be like reheated in the toaster oven versus the microwave because it tastes funny and I'm like it's so interesting like those little things can can add up and. Big barriers to people being able to actually like have some satisfaction in their eating experiences which is so important.

39:19.41

Abbie

Yeah, for sure like this is so important because sensory preferences are a big deal and you can get often. You know, especially folks who get.

39:26.70

Becca

You know.

39:32.84

Abbie

Don't get diagnosed into adulthood I'm sure a lot of them had the experience of being labeled a picky eater when they were little because of these preferences and in my opinion I don't think there's anything I don't think there is such a thing as picky eating I think that's honestly I think that's attuned eating like you just that's you knowing what you prefer.

39:46.76

Becca

Yeah.

39:51.72

Abbie

And so we need to remove the stigma and shame around that and say okay like to your point Becca like what is predictable. What do you always like what is consistent and these prepared foods convenience foods I love the shortcut name like I would love us to stop being scared of the word processed foods like it's just.

39:58.56

Becca

Um.

40:08.54

Becca

Um, know. Yeah, yeah, yep, and you're like you know that versus and it's like okay well that's gonna be and people like oh like I'm gonna go.

40:09.10

Abbie

It is what it is most foods are processed Anyways, Um, but I love what you said that makes so much sense to me. They're consistent. A dorito is always a damn dorito. Yeah.

40:25.95

Abbie

Yeah.

40:26.19

Becca

Get that because I know what it's gonna be like versus let me so you know I I went in the fridge and the strawberries are kind of look a little funny and so I don't I don't know if I want to eat those and then you bite into them and they don't taste great and you're like why did I do this? This is gross and I don't even want to eat anything because that wasn't.

40:38.55

Abbie

Yeah.

40:44.70

Abbie

Yeah, for sure and now we're kind of talking about these specific foods and it makes me think of you know, 2 other areas I wanted to ask you about that. Get you know, just like maybe we can do some myth busting around carbs.

40:44.96

Becca

Ah, fun eating experience.

41:01.36

Abbie

Around like food and like dopamine and like stimulation and then around sugar. So can you talk about those with Adhd and how you see that being so those kind of being so crucial and important. Yeah.

41:03.29

Becca

Um, yeah, yeah, yeah, yeah, yeah, carbs are. Super important for everyone like they are our primary source of fuel and for adh years like carbs especially sugar can be sources of dopamine. So for a lot of 80 years it might make your brain happy when you eat those things and I look at it just kind of like. Emotional eating where like there's no reason to shame yourself for you know for choosing to eat for stimulation like it's not helpful but understanding when you're are looking for stimulation. It's usually like boredom eating or eating to procrastinate or as a reward or some of my clients will describe it as like. Need to do something with my hands or my mouth and food is like something that doesn't require a lot of and like effort to do. You can sit on the couch and you know eat your bag of chips and get your stimulation that way but it can lead to overeating or binge eating but I don't find restricting carbs.

41:55.84

Abbie

Ah.

42:11.88

Becca

At least for my clients I have rarely found success where they're like yeah I cut out carbs and my eighth D is great and I'm not binge eating. It's like it that doesn't happen. Yeah, the opposite? Yeah yeah, yeah.

42:19.00

Abbie

Ah, know the opposite happens right? like you you you restrict carbs you're going to to probably experience binge eating and you're going to experience extreme cravings And yeah.

42:31.76

Becca

And it just makes no sense to me to be like oh we shouldn't eat a 8 issue braids shouldn't eat like people who have 8 you shouldn't eat carbs because you know it's like that's what our brains need our brains need carbohydrates. So why would we? Yeah, it's like why would we deprive ourselves of those those things and.

42:41.31

Abbie

Yeah, you're going to function better with them. Yeah.

42:49.11

Abbie

Right.

42:51.32

Becca

Um, yeah, and then sugar sugar doesn't cause ad Hd um I know that's a big myth. Yeah yeah.

42:57.36

Abbie

It's a big one and parents cutting that out from their kids diets when they're little kids thinking it causes hyper activity. But we know the science has shown. That's not true.

43:05.25

Becca

Yeah, yeah, and think there is like there is a little research with like big fluctuations in blood sugar potentially impacting some ahd traits but instead of being like never have sugar because that's just going to create a poor relationship with food.

43:11.25

Abbie

And.

43:24.56

Becca

Maybe you know pairing you know, making sure you know having your dessert at the end of the meal. So. There's some some protein and fat in there or pairing it with you know some protein eating regularly so that your blood sugar's also not on a rollercoaster in that sense can be really Helpful. So I look at it that way because like. People with aged are already at a higher risk of eating disorders like telling people to restrict also increases the chances of developing an eating disorder So like to me, it's like let's help kids and adults with age to have.

43:43.33

Abbie

Right.

43:59.28

Becca

Cultivate a healthy relationship with sugar and all foods instead of putting it up on this pedestal. It also makes it You're going to get more dopamine from things that are off limits like so like Risky behaviors are much more stimulating to like go drive fast down the road and all that kind of stuff so we're telling people don't eat sugar.

44:08.10

Abbie

Yeah, yeah, right.

44:18.27

Becca

Their brain is going to find that as more rewarding than it is if it's just normalized like the foods. You don't you know the foods You don't binge on. You're not going to get as much dopamine from those foods if it's like yeah they're not but they're not this big special thing that I I can't have and then I have it and I want all of it.

44:30.20

Abbie

Um, yes, that's so right.

44:37.88

Becca

Just like it can have a normal relationship with it.

44:40.50

Abbie

Yeah, it's and I'm just I'm hearing from you. It's like this permission to eat all foods means that we actually aren't going to experience those blood sugar swings because. It's food rules that actually lead us to these unhealthy patterns of eating where we don't eat regularly consistently or we try to avoid a food and then all of a sudden we binge on that food so like restricting sugar or restricting carbohydrates. All that's going to do is lead you to those blood sugar fluctuations because of.

44:55.75

Becca

Yeah.

45:10.27

Becca

Um, well.

45:13.10

Abbie

That binge Restrict cycle and the fact that your body's going to seek that out kind of like with a vengeance eventually and that's when you're going to get those big highs and lows and that deprivation backlash. You know? So yeah.

45:17.41

Becca

Um, yeah, yeah, yeah, and it's so strong and it's so frustrat and you feel frustrated because you're like oh I don't Oh I don't keep those foods in my house and it's like.. It's great, but it's not going to work very long term because unless you never leave your house.. You're probably going to encounter those foods somewhere else and um, like normalizing that they exist can just it really is a game changer like ice cream I Love ice cream and like there was a point where there.

45:43.64

Abbie

Yes.

45:56.17

Becca

Ice cream could not be in my house or apartment or I thought it it couldn't and like if my roommate had ice cream I would like eat her ice cream and then like go to the store and like scoop it back out and be like okay she's never going to notice that I ate her ice cream and think thankfully she was so sweet.

46:00.20

Abbie

Um.

46:14.98

Becca

She she was like I knew you were doing that I just never knew what to say and I was like thank you were never saying anything same would it been but unbearable to be like oh this girl knows I'm stealing her food and like just my best friend So it's like she didn't know she knows I'm doing this I mean replacing it She knows I'm doing this I was like I thought.

46:16.52

Abbie

Oh shaming me? Yeah yeah.

46:34.19

Becca

At least thought she had no idea at the time which made it a little bit easier but like now I'm like I can have so find ice cream in the back of my freezer and like the abundance of it really does make a difference versus it being this like really special or big thing or the second I buy a pint of ice cream. It's.

46:40.76

Abbie

Yeah.

46:53.17

Becca

Like oh it's gonna be gone once I put that spoon in there. But now it's like I can have a couple bites sometimes I'll have ah like a half a pinet of ice cream if I feel like it. But there's no just like it's just not and some days I don't have ice cream but most days they do and it's okay and it's just like ah such a huge.

47:00.62

Abbie

Same.

47:12.29

Becca

Shift and it's so nice to actually be able to enjoy it like not just like you know like shovel you know, eat it as fast as you can not really get to enjoy it and then you're like I missed out on that whole experience versus like I can eat this and really enjoy it now and know that like it's gonna be okay and it just such a different.

47:14.35

Abbie

I know.

47:32.16

Becca

Way of viewing food. Yeah.

47:33.65

Abbie

It's such a relief isn't it thinking about I'm thinking about the folks listening who are thinking a K like I am really wanting to. Like make this a priority in my life I I want to start to eat regularly I Want to normalize these foods I Want to like really try to nourish my body and help support myself and and my and my the way that my brain functions. What are some favorite easy. Adhd Friendly foods that you like to keep stocked in your house or you found clients I figure This could be just fun like what are some examples somebody goes to the grocery store this week I'm I'm like I want to encourage everyone who's listening to do this eight H D or not but like what are some great ones you found that are like.

48:09.20

Becca

Um, all will war.

48:16.80

Becca

Um, yeah.

48:19.49

Abbie

Super convenient. Easy. Yeah.

48:20.00

Becca

Who fruit squeeze pouches always come to mind like those, especially if you have texture shoes with food. A great easy way to like get in some fruits and veggies any really individual sized thing I'm a big fan of just like.

48:26.70

Abbie

Okay, okay.

48:37.57

Becca

Yes, you can't you could portion things out for yourself and and do all that but like it's so much easier to just open you know, open the fridge and grab a greek yogurt and open it and spoon in it versus having to get the container of Greek yogurt and a bowl and a spoon and then you have to do the dishes. Um, or you know those kind of things. It's just like.

48:48.92

Abbie

Ah.

48:57.50

Becca

If you can do with individual sizes just do it like it is so much easier. Yeah, yeah, it is many as need to like? yeah it's just like the executive functioning piece of it I find is helpful of like okay that's easy or it's portable I can pack it easily my like need to like.

49:01.54

Abbie

And permission to eat multiple individual size things. Ah like yeah yeah.

49:13.71

Abbie

Um, yeah, yeah.

49:16.22

Becca

You can throw things in a lunchbox versus being like okay now I need to like prep my whole lunch. You can just put things in there. Um I think drinkable Yogurts are a really big one that a lot of my clients I like them because you can like take them on the go and I don't need a frozen I Always keep some sort of like frozen proteins on hand like.

49:27.26

Abbie

Love that? yeah.

49:35.83

Becca

Turkey burers chicken tenders both like breaded and unbreded like Salmon Burger chicken sausages like a lot of proteins I keep try to keep quick proteins on hand because that's the one for me. That's usually harder to get in than like carbs to me or you know carbs are pretty easy. Don't really worry about those um fitting those in so I'm like okay how do I get my protein in and how can I make those proteins like easy like I don't like touching raw meat. So I have rubber gloves. So if I do have to handle them like the disposable like biodegradable kind so I can do that and it just makes. Cooking raw meat a little bit easier when I'm not like dreading getting my hands all gross or I have proteins that are quick and easy like ah the trader Joe's has like frozen grilled chicken and so yeah, trader Joe's is yeah.

50:22.42

Abbie

I love I love trader Joe's meals in generals like the the frozen meals. Yeah.

50:30.18

Becca

All these also has some really good ones too for folks who are like I don't have the trader Joe's nearby all these awful men I hear up like tangents and then I have plan for like I'm in Candyba and I did like but I'll always have couple canadian clients in my groups and they're like I wish I could go to Trader Joe's and I'm like.

50:31.87

Abbie

I know I always feel bad when I'm talking about people.

50:41.90

Abbie

Ah, yeah, yeah.

50:47.26

Becca

I'll try and dig and find some like alternatives. Maybe that are closed at other stores but all these does have some good like frozen meal meals and things too. If you don't have a tweet or Chosen nearby.

50:49.00

Abbie

Um, yeah, yeah, these are great. Yeah I'd add like um I know we already talked about this two way in the but like yeah dips are great like just having like crackers and chips and then like.

51:03.31

Becca

Um, get and he kind of do yeah yeah and I am yeah.

51:07.41

Abbie

In your pantry and then just dips of all kind you know guac hummus, cottage cheese. Whatever it is like those are make those make for easy snacks and like cheese like wrapped individual wrap cheese those are great to just throw and yeah.

51:22.72

Becca

Either like frozen rice or like the ninety second hochees of like rice. Yeah yes.

51:26.73

Abbie

No oh oh Becca that is my life I am like always microwaving the rice. Um, if you haven't okay, have you I don't know if your t js has this right now. But I just they just started carrying these have you seen their new tie noodles. Oh my god.

51:40.87

Becca

Um, no yes.

51:43.62

Abbie

I'm gonna I'm gonna send you a picture after this. Okay, they're my new favorite thing I okay I am not kidding when I tell you they are 30 second microwave thirty thirty so they come in these. They're these like they're like kind of wheat kind of like tie noodles like they're kind of like thick, delicious.

51:51.78

Becca

While well.

51:58.97

Becca

Yeah, okay.

52:03.52

Abbie

They come. They have 3 pouches in each package and you just take the package throw to microwave for 30 seconds and they are delicious and I've just been adding like whatever I want like I'll do like tuna and cheese or I'll do like pesto butter. Oh my god my new favorite thing ever ever. Yeah, they're saving my life right now.

52:05.48

Becca

Um, yeah, um.

52:13.43

Becca

Um, yeah, hi Wait I'm so excited. Yeah, um, yeah, anything too that like ad satisfaction like if eating is hard.

52:23.17

Abbie

Yeah, yeah, yeah.

52:28.79

Becca

Yeah, those dips That's what like I can get motivated to eat if I don't have much of an appetite if it's a dip that I really enjoy Yeah, like yeah have those things and like in the past that would have been something I Never let myself have like oh there's too many extra calories or whatever but it was like but if I'm actually eating now that's a big.

52:33.55

Abbie

Yeah, like a sauce or something. Yeah, for sure. Yeah.

52:46.53

Abbie

Yeah, yeah.

52:48.69

Becca

That's really cool. So like finding those things especially if you struggle with appetite like what think about what tastes and textures and things you like and having some of those things on hand like a lot of ate each years like crunchy foods so have some different crunchy things or like if you like sweet or salty like have a little bit of options too. So you can.

52:57.81

Abbie

Yeah.

53:07.48

Becca

Pick what feels good in the moment but also just not feel like limited like limited or like oh I don't have the thing I really want if there's things you know you really like a lot make sure you have something like and that's um, yeah.

53:09.55

Abbie

Totally.

53:15.79

Abbie

Yeah, you deserve enjoyment from food like you deserve satisfaction like and a satisfied body is a body that feels more peaceful around food like it's just you know.

53:26.73

Becca

Um, yeah, yeah, 1 of my clients said the most beautiful thing the other day she was like all parts of me felt satisfied or something like that and she was like it was like she was like I physically felt satisfied but also like mentally.

53:35.22

Abbie

Who.

53:42.93

Becca

Like what I ate was really delicious I enjoyed it and like emotionally it like hit the spot and I was just like that is so beautiful like when you can have a meal that really does satisfy like all parts of you and there isn't like you know you're not still left wanting more food because your stomach's you know, not full. Or like mentally you're like there's something else I didn't get and I need that thing you know and like not feeling like that and I was like oh that's so beautiful and like to have that awareness when you feel like especially for 8 aged years when you feel like oh I I can't listen to my hunger and fullness or that's not ah, not a thing and like over time you can. Improve your interoception like you can learn to get more attuned to your body even if you are Neuro Divergent there is research to support that you can build your interoceptive awareness. So I think knowing that can be really helpful. You still might need some external supports like maybe you do need alarms or maybe you need your partner to come. you know tap you and be like hey you know I'm going to have lunch. Do you want to come join me um or like sometimes my partner will just come in with like a little snack plate. Yeah, it's just like here's like 1 of my clients said that is like yeah, my partner just does that like he could when I he could tell I'm getting frustrated. He'll just come in with a little plate of food for me and like.

54:45.62

Abbie

This is what happens in our house. Yeah yeah.

55:00.10

Becca

And then I'm I you know I I'm better and I'm like it's it's a love language for for am d is every having a H year in your life and you think that they're hungry, bring them something if you know that they like it to like they 9 times out of 10 They'll probably eat it and be grateful that you did bring them.

55:02.31

Abbie

Ah, yeah I do that for Jeb. Yeah yeah.

55:16.34

Abbie

I love hearing this from you. It's giving me a lot of validation I'm like yes I'm doing this doing this for Jeb this is yeah I love what you said about satisfaction I think like that's the true definition of satisfaction is like it's multifaceted right? like I think that's what differentiates satisfaction from fullness like.

55:17.28

Becca

Bring them some food. Yeah yeah.

55:30.10

Becca

Um, yeah, yeah, yeah, yeah.

55:35.80

Abbie

Fullness You might just physically feel like your stomach is full but satisfaction you feel emotionally mentally spiritually like it's like this really, it's much deeper. It's much much deeper. Yeah yes.

55:48.46

Becca

Yeah, and that's I usually described to people like it's like the mental piece of fullness. You can eat a meal and be full but I always think of like to me like a meal that would be not very satisfying but would fill me up would be like brown rice and steamed broccoli and like baked chicken.

56:02.62

Abbie

Totally oh my God We give the same examples. Yes I say that all the time It's bland. Yeah.

56:07.80

Becca

Yeah, like Bake. So I like that would physically fill me up but like afterwards I yeah like where's the seasoning like I could jazz that up a little bit and it might be more satisfying even just like like getting the broccoli nice and crispy and like. Seasoning the chicken and maybe like adding some cheese on my rice and I would be like you know that's a little bit better. Um than than it was before or just being like I'm going to make a meal that I actually enjoy like and want to eat and that just like is it's easier to get motivated to to cook if your food is going to be enjoyable like.

56:37.71

Abbie

Ah I know I know.

56:42.95

Becca

Not looking forward to the meal. Especially for H years like we like things that are either rewarding like we we want yeah interested in it. So like if it's if it's on a meal you're jazzed about like I've gotten meal kits where I'm like why did I pick this meal.

56:49.10

Abbie

You have to be interested in it to do it right.

56:57.40

Abbie

Yeah, yeah, yeah, yeah, yeah, yeah, yeah.

57:00.44

Becca

Like because I'm not interested in it and I know I'm not going to be able to make it like it's just not going to happen and so then like let me at least like throw the frozen and proteins in the or put the proteins in the freezer. So I can save them and I'll like try and repurpose the veggies from the meal kit or something I like I know it's not going to happen because I.

57:17.80

Abbie

I Know stick with what works right? Like that's the message like truly um, is there anything anything that we this is like just been.

57:19.42

Becca

Yeah, yeah.

57:30.00

Abbie

<unk> just so happy felt first 5 Just so happy to meet you officially finally and I'm thinking like was there anything we didn't get to that you wanted to say any reminders you'd want I know we touchshd on a lot so no pressure if we said it all we said at all but like anything else, you just.

57:32.33

Becca

Yes, need to Abbie.

57:46.10

Abbie

An 80 h deer that's listening that's struggling with their relationship with food that you kind of want to leave them with.

57:50.18

Becca

I Think the one thing I say say is that like you kind of touched on it earlier like even if your experience is not like exactly like mine because we all have different experiences with food if you are really struggling with your relationship with food just like just please know that you're not alone and that there are a lot of.

58:00.99

Abbie

Um, yeah.

58:09.77

Becca

Resources out there for support and um I if you feel like also if you feel like intuitive eating is inaccessible to you I Like to think of it as like removing the shoulds and that gives you the space to figure out what works for you with eating and.

58:19.93

Abbie

Yeah.

58:28.20

Becca

It looks different for everyone and that I think is why I like intuitive eating versus like traditional dieting too is like I'm not giving you a meal plan. You're not giving people. We're not giving people like ah here's here's how you have to eat and just stick to this and there's no flexibility. Yeah, like there's no flexibility.

58:36.92

Abbie

No, it's so gross. It never sat well with me right? yeah.

58:45.67

Becca

Have to eat you always have to eat 3 meals and 2 snacks a day where you always have to eat at these certain times. It's like that's not how life works and like letting go of that can give you so much peace and and you can find some joy with food again I think too. So.

58:57.97

Abbie

I Love that Thank you for that speaking of resources and not being alone where can people find you and I mean it when you're coming back to talk about your book when we get closer to that. So in the meantime.

59:02.32

Becca

And yes.

59:13.29

Becca

Um, yes yes yeah um Instagram is where I'm most active so at eight hd dot nutritionist I'm also on Facebook too.

59:16.41

Abbie

Before Becca's book comes out which we're all going to get like where can folks hang out with you and learn from you.

59:29.53

Becca

Um, those are kind of my 2 main platforms right now and breads like to like Frances as well. So.

59:33.71

Abbie

Okay, yeah, okay, awesome I'll link that um and website is there anything on there that okay I'll link to that too. Okay.

59:42.61

Becca

I I have info for my group coaching program on there. So um, perfect. Yeah, thank you.

59:49.65

Abbie

Becca thank you for doing this. Thank you for the time. Thank you for all the compassion and everything you do for adh do yours and neuro divergent folks alike so you're so appreciated.

59:58.73

Becca

Um, well thank you for having me Abbie I love to chatting with you. This is so much fun.

01:00:05.45

Abbie

Yay ditto.