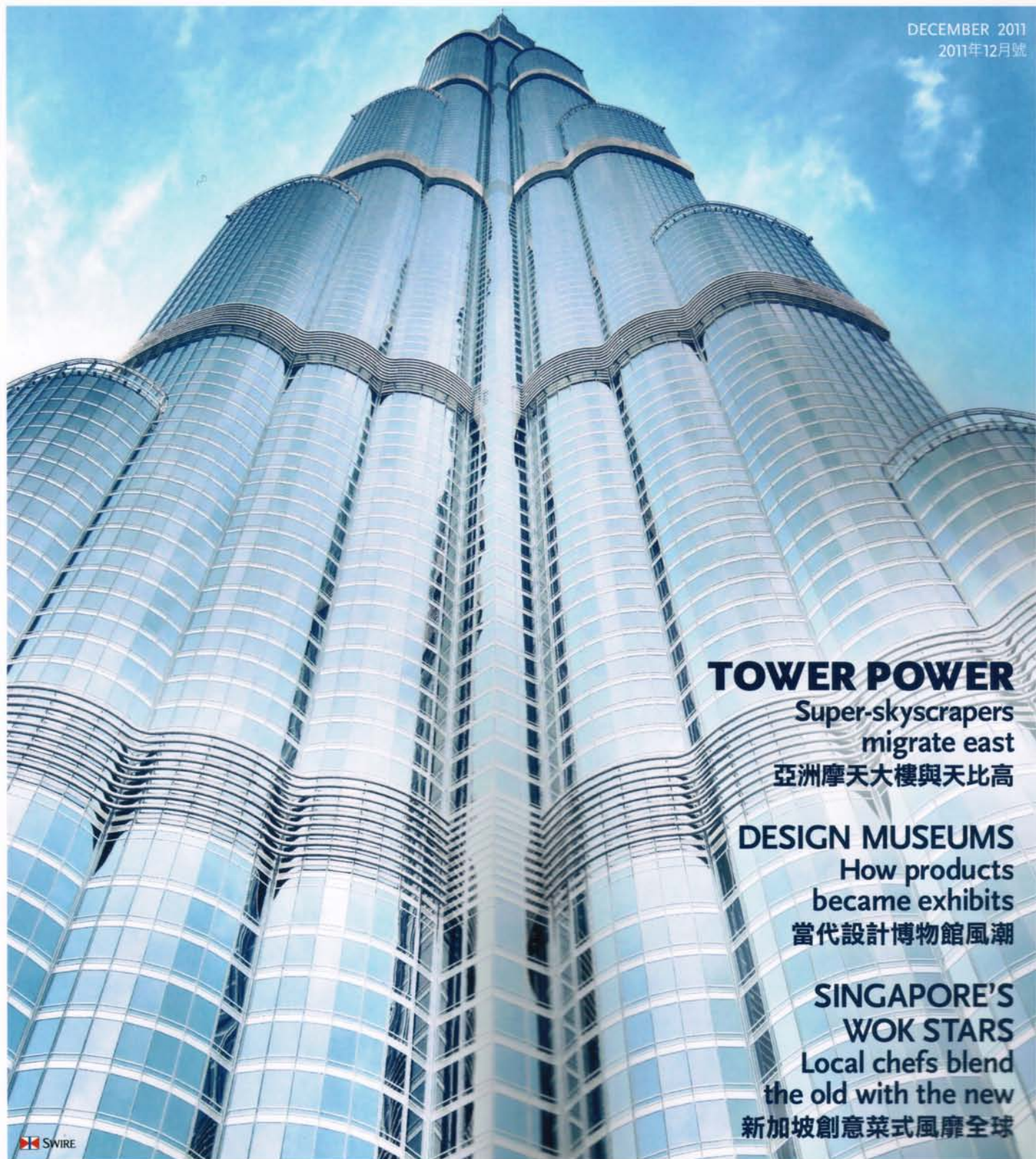


DISCOVERY

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 CATHAY PACIFIC

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TOWER POWER

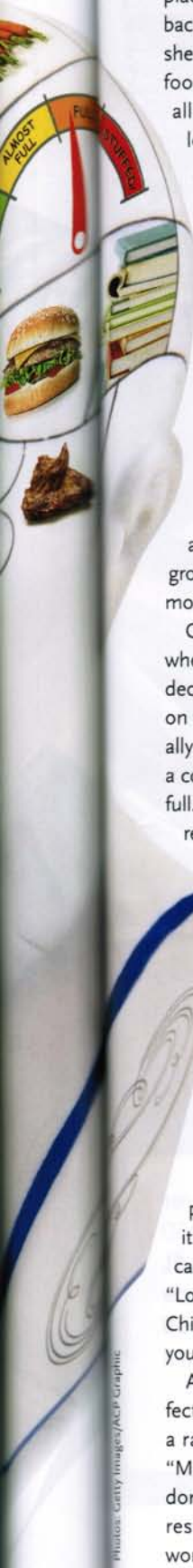
Super-skyscrapers
migrate east
亞洲摩天大樓與天比高

DESIGN MUSEUMS

How products
became exhibits
當代設計博物館風潮

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Local chefs blend
the old with the new
新加坡創意菜式風靡全球



place to start. "If you do this you start to get back the true signals of hunger and fullness," she says. The first step is to make peace with food. "There are no good and bad foods, all food is legalised so you are no longer looking for a licence to eat something," Resch explains. "When you are hungry, simply eat what appeals to you but ask if it is satisfying and sustaining so you are not running off looking for more food an hour later."

Chiu recommends a quick mind/body scan before each meal. Take a couple of minutes to scan your body, ending with your stomach. "Decide how hungry you are before you start eating and have a goal of how full you want to be," she says. You might realise you had a big breakfast so you only really need half a sandwich at lunch, or that your stomach has been growling all morning so you need something more substantial.

Chiu likes to visualise a scale of one to 10, where one is hunger and 10 is very full, and decide where you want to stop eating based on the scale. A five or six, she says, is usually about right. Resch recommends taking a conscious moment to consider if you are full. "Ask yourself if you really need more and remind yourself you can eat again when you feel hungry," she says.

The eating environment is important, too. "Most of the time we multi-task while we eat," says Hong Kong psychologist Peta McAuley, who has been teaching mindfulness for almost a decade. "We read, watch TV or eat on the run. When we eat mindfully we deliberately do just one thing – eat – and give the experience our full and undivided attention."

That means looking at what is on your plate before you tuck in – how it looks, how it smells. As you are eating, chew the food carefully and think about how it really tastes. "Lots of people save the best until last," says Chiu, "but I say eat the best first otherwise you might be full by the time you get to it."

As with any new skill, practice makes perfect, but Chiu finds that most people notice a radical difference in six to eight weeks. "Mindful eating brings a real sense of freedom," she says. "You don't have to diet or restrict what you eat, which means it can work long-term."

有沒有試過一邊看電視，一邊吞掉整盒朱古力？或肚子不是很餓，卻又多吃一份食物？抑或工作緊張時，會一次又一次地去找餅乾吃？如果你有以上的行為，便表示你已犯了「胡亂進食」的毛病。

愈來愈多營養師和心理學家指出，養成「用心飲食」或「直覺飲食」習慣的好處很多，包括有助瘦身和提升自我形象。所謂用心飲食，就是聆聽我們身體的需要，餓了才吃，覺得夠了便停止，不要吃到撐破肚皮。

護士、營養師兼香港的用心飲食顧問Julie Chiu表示，關鍵在於提高覺醒。她說：「用心飲食法不會告訴你要吃什麼或吃多少，而是首先讓你了解自己胡亂進食的原因。找出動機後，便可以做到餓了才吃，吃夠了便停止。有些人會吃個不停，已忘了肚餓的感覺。」

吃東西很多時候只是一種調劑方法，用以解悶、舒緩緊張或不安情緒。Chiu很了解這種心情，因為她曾長時間有飲食問題，每每覺得緊張就去找餅乾吃。但自從她實行用心飲食後，體重已穩定下來。她說：「這種飲食方法對我很有效，體重慢慢減輕，心境也變得平靜。」

秘訣是先了解為什麼根本不餓卻想吃東西的原因，然後找出另一種代替食物的調劑方法。如果是沉悶所致，Chiu建議不妨分散自己的注意力，例如在附近散步、吃塊香口膠、用智能電話玩數獨遊戲等。如果原因是情緒受困擾，情況便比較複雜。Chiu說：「你要認清自己真正的感受，撫心自問：吃東西能否真的讓你開心一點？事實往往不然，因此，倒不如找個較健康的方法解決問題，譬如找朋友傾訴，或是在日記裡寫下自己的感受。」

用心飲食可以解決因緊張、不安或鬱悶引致的飲食問題。這個名詞初見於1990年代中期，當時兩名美國營養學家Evelyn Tribole和Elyse Resch合著暢銷一時的《Intuitive Eating》。現於比華利山執業的Resch，專門提供直覺飲食法的諮詢服務。她強調這種飲食方法跟節食無關，瘦身只是副產品而已。她說：「我不贊同節食減肥，因為九成半節食減肥的人體重會回升。」

她認為，人與生俱來就懂得為滿足身體需要

而進食足夠食物，「嬰兒都知道自己何時想吃東西，吃飽了還會示意，即使大人繼續餵食，嬰兒也會把食物推開。」直覺飲食就是讓人重拾這種本能，餓了才吃東西，吃夠便停止。

那麼，要如何找回這種本能？身體的生理機能告訴我們，每三至四小時就要進食一次。因此，Resch建議我們從這裡開始。「這樣就能夠慢慢的找回飢餓和飽肚的正確訊號。」首先是不要挑剔食物。Resch解釋說：「食物無分好壞，吃任何食物都不應有罪惡感，毋須找個好借口才吃某些東西。肚子餓的時候，想吃什麼就吃什麼吧，但你要先問自己：吃這種食物能否讓自己感到滿足和填飽肚子？會不會在一小時後便要去找其他東西吃？」

Chiu則建議大家在每餐前快速地「掃描」自己的身心需要，先用一、兩分鐘審視身體，最後感覺肚子的需要。她說：「進食前先了解自己有多餓，並決定想要吃到多飽。」如果那天已吃了一份豐富的早餐，午餐其實只需要吃半份三文治便足夠。如果肚子整個早上都餓得咕嚕作響，午餐就需要更飽肚的食物。

Chiu會將胃納的程度分為十級，一級代表最飢餓，十級代表非常飽，然後根據這個分級來決定何時停吃。她說在一般情況下，吃到五或六級已經足夠。Resch則建議大家要認真地考量自己是不是已經飽了：「先問自己是否真的需要繼續再吃？還要提醒自己，當肚餓時，其實隨時都可以再吃。」

飲食環境也很重要。香港心理學家Peta McAuley教導用心飲食近十年，他說：「我們常常一邊吃東西一邊做別的事；看書、看電視，甚至邊走邊吃。用心飲食要求大家飲食時要全心全意，不要分心。」

他表示在進食前先看清楚碟子裡的食物，看看食物的賣相，嗅嗅氣味。進食時，慢慢地咀嚼，細心感受味道。Chiu說：「很多人將最喜歡吃的東西留到最後，但我建議大家先吃掉它，別等到太飽吃不下。」

跟學習其他技能一樣，用心飲食也是熟能生巧，Chiu發現大部分人在六至八周後，就能看到明顯分別：「用心飲食為你帶來真正的自由，不必節食或限制吃的東西，自然能長期實行。」

THE GOLDEN RULES 金科玉律

- Never let yourself get really hungry as that can lead to overeating
- Don't eat unless you are really enjoying it. If it doesn't taste good, leave it
- If you are not hungry, don't eat. Wait for your body to give you the hunger signal
- Stop eating when you are no longer hungry, not when you are full
- 不要等到太餓時才進食，這樣有機會導致進食過量
- 別吃不喜歡吃的東西，若食物太難吃，不要勉強自己
- 不餓不吃，等身體發出飢餓訊號才吃
- 吃到肚子不餓時便停止，別吃得太飽