

Metabolic Health And Metabolic Syndrome: Mindful Eating And Mindless Eating

Sununta Youngwanichsetha¹

¹Associate Professor, Faculty of Nursing, Prince of Songkla University, Hat Yai, Songkhla, Thailand, 90112.

EDITORIAL

Please cite this paper as: [Youngwanichsetha S. Metabolic health and metabolic syndrome: mindful eating and mindless eating. J Food Nutr Sci \[2018; 1\(1\):1-3\]](#)

Corresponding Author: Sununta Youngwanichsetha, Faculty of Nursing, Prince of Songkla University, Hat Yai, Songkhla, Thailand, 90112, Tel: 66-074-286537, Fax: 66-074-286421, Email: sununta.y@psu.ac.th, sununta.y@gmail.com

Metabolic health is the corner stone for healthy individuals. It is an optimal state expected for all. Healthy individuals are more likely to have better metabolic health. In contrast, overweight and obesity are associated with higher risk for development of metabolic syndrome. Mindful eating contributes to a good metabolic health whereas mindless eating leads to the metabolic syndrome [1].

Metabolic health can be determined according to normal limit of the metabolic syndrome criteria that include ideal body weight (less than 25 kg/m²), normal blood glucose level (less than 100 mg/dL), target triglyceride (less than 150 mg/dL), high HDL-cholesterol (higher than 40-50 mg/dL), and desirable blood pressure (less than 130/85 mmHg) [2]. Individuals who have good metabolic health will achieve positive social and health outcomes including physical and psychological development, life-long learning ability, academic and professional success, quality of life and long life expectancy.

In contrast, individuals with the metabolic syndrome are more likely to have many chronic health problems. Except genetic factors, overeating and consumption of unhealthy

diets are the main causes of the metabolic syndrome because of accumulation of advanced glycation end products, endothelial cell dysfunction, insulin resistance and many neuroendocrine and reproductive hormones [3]. Diagnostic criteria for metabolic syndrome is composed of five manifestations including abdominal and visceral fat accumulation, elevated fasting blood glucose, high triglyceride level, low HDL-cholesterol, and high blood pressure. It is known that metabolic syndrome is associated with diabetes, cardiovascular diseases, chronic kidney disease, non-alcoholic fatty liver, breast cancer, endometrial cancer, Alzheimer, and others. These chronic complications result in shorten life expectancy, poor quality of life and premature death.

Many research evidences show that healthy behaviors can promote metabolic health and prevent metabolic syndrome. Modification of mindful eating is suggested to achieve healthy dietary pattern. Being mindful is considered to have an open attention to that activity. Raising awareness to choose what to eat is important issue. Moreover, clearly understanding of foods-dense nutrients is helpful to improve dietary pattern and enhance metabolic health. Recommendations to take healthy dietary behaviors would be helpful. Consumption of low calories diet containing essential nutrients composed of carbohydrate, high-quality protein, omega fatty acid, minerals, and natural bioactive compounds from vegetables and fruits. In addition, mindful eating should be adopted to maintain and enhance self-management for health dietary pattern [4,5].



On the other hand, mindless eating of foods containing high sugar, fructose corn syrup, animal fat and trans fat are known risk factors for development of the metabolic syndrome. Many unhealthy foods that should be avoided include sweetened drinks, bicarbonate and soda, bakery containing margarine, dried foods with shortening oil, fatty meat and processed foods containing high salt, artificial color and preservatives. Therefore, nutritional health education should focus on choosing healthy foods containing high quality nutrients, modification of mindful eating and avoiding mindless eating behaviors [6,7].

In conclusion, mindful eating can promote metabolic health whereas mindless eating results in the metabolic syndrome. Therefore, everyone should raise their awareness in dietary patterns.

Promotion of mindfulness eating is suggested to enhance metabolic health and reducing mindless eating can prevent or improve the metabolic syndrome. There are many tips to modify healthy dietary patterns and mindful eating. Everyone should pay more attention and communicate to all population worldwide.

References

1. Busko M, Learn or obese, low inflammation predicts metabolic health. 2013.
2. Lotta, L.A., Abbasi, A., Sharp, S. J., Sahlqvist, A. S., Waterworth, D., Brosnan, J. M., et al. Definitions of metabolic health and risk of future type 2 diabetes in body mass index categories: A systematic review and network meta-analysis. *Diabetes Care*, 2015.38(11): p. 2177-2187.
3. Mathew, H., Farr, O. M., & Mantzoros, C. S, Metabolic health and weight: Understanding metabolically unhealthy normal weight or metabolically healthy obese patients. *Metabolism*, 2016.65(1): p. 73-80.
4. Rhee, E. J., Lee, M. K., Kim, J. D., Jeon, W. S., Bae, J. C., Park, S. E., et al; Metabolic health is a more important determinant for diabetes development than simple obesity: A 4-year retrospective longitudinal study. *Plos One*, 2014. 9(5) e98369.
5. Truthmann, J., Mensink, G. B. M., Anja, B. W., Christa, S.

N., & Anja, S, Metabolic health in relation to body size: Changes in prevalence over time between 1997-99 and 2008-11 in Germany (2016).

6. Yang, H. K., Han, K., Kwon, H. S., Park, Y. M., Cho, J. H., Yoon, K. H., et al; Obesity, metabolic health, and mortality in adults, a nationwide population-based study in Korea. *Scientific Reports* 6. (2016).
7. Youngwanichsetha, S., Phumdoung, S., Ingkathawornwong, T, The effects of mindfulness eating and yoga exercise on blood sugar levels of pregnant women with gestational diabetes mellitus. *Applied Nursing Research*, 2014. 27(4): p. 227-230.