

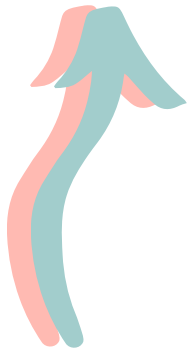
# INTUITIVE EATING

## What is Intuitive Eating?

- **Non-diet approach** -- the focus is on overall wellness rather than the weight on the scale
- Encourages **listening** to your body - eat when hungry and stop when feeling full
- Rejects external cues (food rules and restrictions) while eating



## Benefits:



Higher HDL ("good") cholesterol  
Higher self-esteem  
Better body image  
More satisfaction with life  
Optimism and well-being  
Proactive coping skills

Lower triglycerides  
Lower rates of emotional eating  
Lower rates of disordered eating and eating disorders



## What's the Point?

**Trust your body and its intuition by distinguishing**

emotional hunger  
from  
physical hunger

**Heal your relationship with food**

**Become the expert of your body and be free from the cycle of weight obsession and diets**



# 10 Principles of Intuitive Eating



1. **Reject the diet mentality**
  - Diets give us the false hope of losing weight quickly and in an unsustainable manner. Let go of fad diets and the feeling of failure that comes with when weight is regained.
2. **Honor your hunger**
  - Provide your body with enough food – carbohydrates, protein, and fat! Balancing all of these nutrients is essential to support lifelong wellness and health behaviors.
3. **Make peace with food**
  - Allow yourself permission to eat. Deprivation can stir up an even more intense desire to crave and binge certain foods that hold an emotional attachment.
4. **Challenge the food police**
  - Say “no” to the thoughts that diet culture has embedded into your psyche about certain foods being “bad” or “good.”
5. **Respect your fullness**
  - Pause in the middle of eating to notice how your meal taste and your current hunger level to prevent over or under eating.
6. **Discover the satisfaction factor**
  - The eating experience provides us with pleasure and satisfaction. Eat foods that make you feel good in a space that is inviting to help you feel content.
7. **Cope with your emotions with or without food**
  - We experience positive and negative emotions every day. Recognize that food restriction or consumption won’t fix and solve any of these feelings.
8. **Respect your body**
  - All bodies respect dignity. Reject unrealistic expectations and respect your body.
9. **Exercise – feel the difference**
  - Shift your focus from the workout and calories burned to how it makes you feel to move and the impact that has on your mood.
10. **Honor your health with gentle nutrition**
  - You don’t have to eat perfectly. Focus on balancing your plate with a variety of nutrients, but do not beat yourself up over one meal or snack. It’s about progress not perfection.

