What's Intuitive Eating?

An anti-diet appraoch to normalizing and healing your relationship with food and your body.

10 principles-

1 Reject the diet mentality

- Ditch the diet books, apps and magazines that offer false hope around losing weight.
- Get angry at diet culture that made you feel inadequate for every time a diet didn't work.

2 Honor your hunger

- Pay attention to your internal cues and eat when hungry.
- Keep your body fed with adequate energy and carbs. {learning to honor you bodies needs sets the tone for rebuilding trust with yourself and food}

3 Make peace with food



- Give yourself permission to eat! {even food you once saw as forbidden}
- Don't label food as "bad" as this can lead to guilt.

4 Challenge the food police

- Remember what you eat doesn't determine your worth as a human. {You are not good for eating a salad and not bad for eating ice-cream.}
- Pay attention to that inner critic that tells you other wise and talk back to it!

5 Discover the satisfaction factor

• Enjoy your eating experience!

6 Feel your fullness

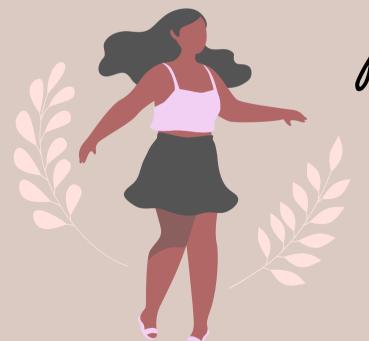
• Take time to eat in an environment you like, eating food you like.

Mindfully pay attention to your body and your fulness.

• Check-in with your body while eating and gauge your fullness. {you are learning to trust your body!}

7 Cope with your emotions with kindness

- Find kind ways to cope and self-sooth.
- Remember uncomfortable emotions are part of the human experience.



8 Respect your body

- Accept your genetic make-up.
- Practice kindness towards your body.

Movement

- Get active, doing movement you enjoy.
- Focus on how it feels to move your body, rather then focusing on the number of calories burned.

10 Honor your health

- Eat for nourishment and enjoyment!
- Give yourself grace along the way.

ALL INFORMATION DERIVED FROM BOOK: INTUITIVE EATING BY: EVELYN TRIBOLE AND ELYSE RESCH