



What's Intuitive Eating?

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

10 principles →

@THERAPYWITHSTACEY

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 your 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 otherwise and talk back to it!

5 Discover the satisfaction factor

- Enjoy your eating experience!
- Take time to eat in an environment you like, eating food you like.



6 Feel your fullness

- Mindfully pay attention to your body and your fullness.
- 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.

9 Movement

- Get active, doing movement you enjoy.
- Focus on how it feels to move your body, rather than 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
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