

Intuitive Eating

What is Intuitive Eating?

- An approach that includes instinct, emotion, and rational thought.
- A process of honoring your physical and emotional needs.
- A combination of:
 - Inner attunement (mind and body connection)
 - External health values (scientific guidelines)



How is this approach Different?

- Encourages you to tune into your body and eat what is best for you.
- Not a one-size-fits-all approach.
- It teaches you to become an expert in your own body.
- It opens the door to creating healthy, balanced, and sustainable change.

Know Your Hunger

- Keep your body biologically fed with adequate energy - protein, carbohydrates, and healthy fats
- Listen for the body signals that tell you that you are no longer hungry
- Observe the signs that show that you're comfortably full
- Eat slowly and mindfully

mindful
eating

Make Peace with Food

- Stop the food fight! Give yourself unconditional permission to eat
- If you tell yourself that you can't have a certain food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing

No Food Police

- There are no "good" or "bad" foods
- This is a crucial step in Intuitive Eating



Satisfaction Factor

- When you eat what you really want in an environment that is inviting, it will help you feel satisfied and content
- Avoid eating at your desk while working or on the go



Support Your Health

- Make food choices that support health
- You don't have to eat perfectly to be healthy. Progress, not perfection, is what counts.

• GreaterGood.Berkeley.edu. How to Eat Mindfully by Listening to Your Body. [Add a little bit of body text.](#) Accessed 09/21/2021
• Healthline.com. Mindful Eating 101 - A Beginner's Guide. <https://www.healthline.com/nutrition/mindful-eating-guide>. Accessed 09/29/2021.
• Healthline.com. The Rise of the Non-Diet: What to Know About Intuitive Eating. <https://www.healthline.com/health-news/is-intuitive-eating-as-easy-as-it-sounds#The-bottom-line/>. Accessed 09/29/2021.