# **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

## 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

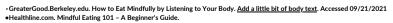


#### **Satisfaction Factor**

- 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.



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.

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mindful eating