



# Intuitive Eating



**‘MAKE PEACE WITH FOOD.  
FREE YOURSELF FROM CHRONIC DIETING FOREVER.  
GET TO THE NATURAL WEIGHT THAT FITS YOU.’**

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# What is Intuitive Eating?



- Eating in response to physiological hunger and fullness cues, coupled with a low preoccupation with food.
- Three central features:
  - 1) unconditional permission to eat when hungry and to eat whatever food is desired
  - 2) eating for physical rather than emotional or situational reasons
  - 3) relying on internal hunger and fullness cues to determine when and how much to eat

# Good News!



- **We are all born with a natural intuitive eating ability!**
  - Toddlers are the best intuitive eaters
  - Dieting suppresses our intuitive eating abilities
  - You can re-learn intuitive eating!



# Principle #1



Reject the diet mentality.

# How to reject the diet mentality:



- 1) Recognize the damage that dieting causes
  - physical & psychological
- 2) Forget about willpower, being obedient, and failing
  - These are dieting concepts!
- 3) Get rid of the dieter's tools
  - Meal plans, scales, measuring cups, etc.

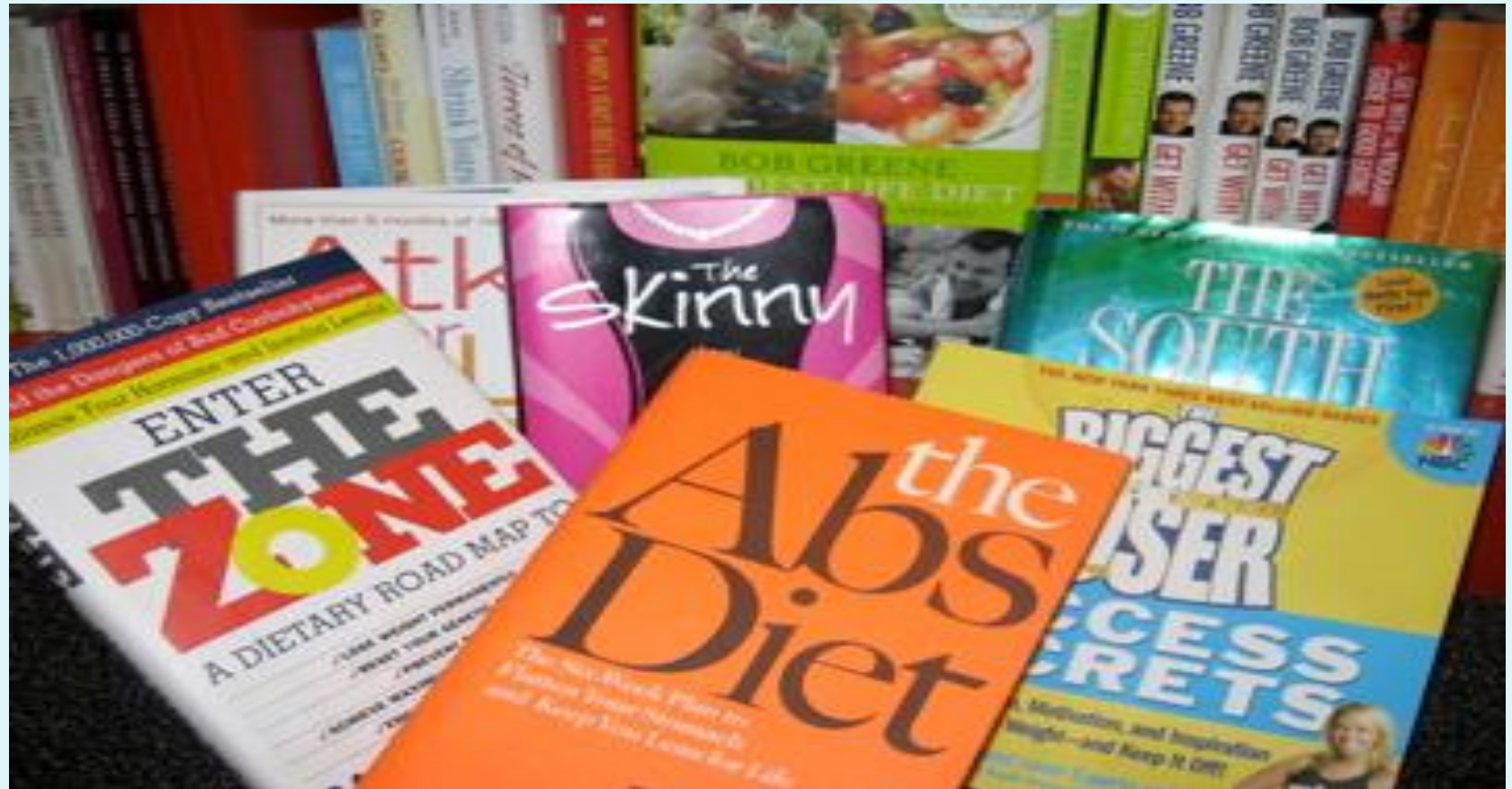


# Fears about giving up dieting



- *If I stop dieting, I won't stop eating.*
  - *Reality: Dieting is the thing that often triggers overeating because of under eating and restricting food.*
- *I don't know how to eat when I'm not dieting because I've been doing it all my life.*
  - *Reality: When you start practicing intuitive eating, your own internal signals will guide your eating. It may take time to get back in tune with these signals, so be patient.*
- *I will be out of control.*
  - *Reality: You will feel more in control with intuitive eating, because you will be listening to your own body.*

# Let's Review!



## True or False?



Dieting increases your  
preoccupation with food.

**True**

With diets, we are not listening to our true cravings and desires. We become preoccupied with the thought of eating “forbidden” foods.

## True or False?



Dieting increases your metabolism.

**False**

When you eat less than you need for basic biological functions, your body goes into ‘starvation mode.’ It protects its fat stores and instead breaks down muscle for energy. Less muscle means a lower metabolic rate.

## True or False?



Diets cause primarily short-term weight loss.

**True**

Diets are not maintainable over the long-term because they are restrictive. You would have to survive on fewer and fewer calories as time goes on, and this is not practical.

## True or False?



Dieting improves sociability.

**False**

It is hard to stay on a diet and go to a party or out to dinner, so dieters find it easier to just turn down social invitations.

# True or False?



Diets cause more harm than good.

**True**

Dieting is the root of many problems:

- Obesity is higher than ever
- Eating disorders are on the rise
- There are more fat-free and diet foods than ever before, yet 1/3 of adults are overweight or obese

# 10 Principles of Intuitive Eating



- 1) Reject the diet mentality
- 2) Honor your hunger
- 3) Make peace with food
- 4) Challenge the food police
- 5) Feel your fullness
- 6) Discover the satisfaction factor
- 7) Cope with your emotions without using food
- 8) Respect your body
- 9) Exercise—feel the difference
- 10) Honor your health—gentle nutrition

# Questions?

