

Principles of Intuitive Eating

1. Reject the Diet Mentality

Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily, and permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working.

2. Honor Your Hunger

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise, you can trigger a primal drive to overeat. Learning to honor your hunger signs is the foundation for rebuilding trust in yourself and in food.

3. Make Peace with Food

Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing.

4. Challenge the Food Police

Notice when you tell yourself you're "good" for eating minimal calories or "bad" because you ate dessert. The food police monitor the unreasonable rules that diet culture has created. Start challenging these thoughts.

5. Discover the Satisfaction Factor

One of the most basic gifts of existence is the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want, in an environment that is inviting, the pleasure you experience will help you feel satisfied and happy.

6. Feel Your Fullness

Listen for the body signals that tell you that you are no longer hungry. Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is.

7. Cope with Emotions with Kindness

First, recognize that food restriction, both physically and mentally, can, in and of itself, trigger loss of control, which can feel like emotional eating. Find other ways to comfort, nurture, distract, and resolve your issues outside of turning to food.

8. Respect Your Body

Accept your genetic blueprint. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally futile (and uncomfortable) to have a similar expectation about body size.

9. Movement-Feel the Difference

Engage in movement that you and enjoy and makes you feel good. Shift your focus to how it feels to move your body, rather than the calorie-burning effect of exercise.

10. Honor Your Health- Gentle Nutrition

Make food choices that honor your health and taste buds while making you feel good. Remember that you don't have to eat perfectly to be healthy.