

10 PRINCIPLES OF INTUITIVE EATING



Reject the Diet Mentality

Throw out the diet books and magazine articles that offer you false hope of losing weight quickly, easily, & permanently. Say no to fad diets & rigid rules around eating.



Honor Your Hunger

Keep your body fed with adequate energy and carbohydrates. Don't ignore your hunger cues.



Make Peace with Food

Restriction often leads to overeating, so give yourself permission to eat all the foods without guilt.



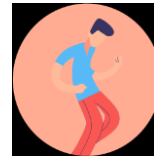
Challenge the Food Police

The Food Police (your psyche) monitor the unreasonable rules that dieting has created. Stop equating your worth to the 'good' and 'bad' you ate.



Respect Your Fullness

Listen to your body, assess your hunger levels during your meal and stop eating when full.



Discover the Satisfaction Factor

Food and the eating experience should promote pleasure and satisfaction.



Honor Your Feelings Without Using Food

Find ways to comfort, nurture, distract, and resolve your issues without using food. Search for the core of your emotional eating.



Respect Your Body

Accept your genetic blueprint and respect your body, so you can feel better about who you are. Your worth does not increase as your size decreases.



Exercise—Feel the Difference

Shift your focus to how it feels to move your body, rather than the calorie burning effect of exercise. You don't need to be at the gym, a walk in the park is a great option too.



Honor Your Health

You don't have to eat a perfect diet to be healthy. Choose nutrient dense foods most of the time while allowing for some indulgences without guilt.