

# 10 PRINCIPLES OF INTUITIVE EATING



## REJECT THE DIET MENTALITY

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



## MAKE PEACE WITH FOOD

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



## HONOR YOUR HUNGER

Keep your body fed with adequate energy from protein, healthy fats and nutrient dense carbohydrates. Don't ignore your hunger cues.



## RESPECT YOUR FULLNESS

Listen to your body, assess your hunger levels during your meal and stop eating when you achieve 70% fullness. Don't eat until you're stuffed!



## 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 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 calories burned. 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



## DISCOVER THE SATISFACTION FACTOR

Food and the eating experience should promote pleasure and satisfaction.



## HONOR YOUR FEELINGS WITHOUT FOOD

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