

# Intuitive Eating

## 10 Principles of Intuitive Eating

### 1 Reject the diet mentality

Learn to say no to restrictive diets and food rules that don't work. By rejecting the diet mentality, you free yourself from the never-ending cycle of dieting.

### 2 Honor Your Hunger

Keep your body fed with the energy and nutrients that it needs. Otherwise, you may be prone to overeat in response. Learning to recognize and honor hunger helps repair your trust in your body.

### 3 Make Peace With Food

Give yourself unconditional permission to eat. All foods fit, and there are no more good, bad, or off-limits foods.

### 4 Challenge The Food Police

The food police are the unhelpful, negative thoughts that uphold strict diet and food rules. Challenging the food police means learning to say no to these unhelpful voices in your head.

### 5 Feel Your fullness

Learn to listen to the body cues that tell you when you're comfortably full. In order to stop eating when you're full, your body must trust that it has access to these foods in the future.



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## 6 Discover the satisfaction factor

Eating is a satisfying and fun part of life. You get more out of your meals when you enjoy food and the eating experience.

## 7 Cope with your emotions

Food can temporarily numb an uncomfortable emotion, but it isn't a long-term solution. Instead, try finding a variety of coping mechanisms that aren't just about food or eating.

## 8 Respect your body

It is hard to break free of the diet mentality when you are critical of your body. Instead, begin to believe that your worth and value are not dependent on your shape or size.

## 9 Exercise- feel the difference

Your body deserves to move in an engaging and fun way. Shift your focus to how exercise makes you feel versus how many calories you can burn in a workout.

## 10 Gentle nutrition

Honor your health and body by practicing gentle nutrition. This means feeding your body what it wants and what it needs.



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