

# Intuitive Eating 101

November 16, 2022



## Objectives

- Learn the definitions of: diet culture, mindful and intuitive eating, gentle nutrition, and body neutrality
- Discuss the 10 principles of Intuitive Eating
- Make a plan to do one thing you learned in this session, to explore more about or practice mindful or intuitive eating

## What is Diet Culture?

- A system of beliefs that:
  - equates thinness, muscularity, and particular body shapes with health and moral value;
  - promotes weight loss and body reshaping as a means of attaining higher status;
  - demonizes certain foods and food groups while elevating others;
  - oppresses people who don't match its supposed picture of health

## What is Intuitive Eating?

- Focuses on listening to our body's cues for what is most nutritious for us.
- Ties body and mind together to create an "all foods fit" type of approach.
- Fosters awareness of your body, thoughts, and environment.
- Honors healthy eating based on the direct messages of the body, not the scale. Is personal.
- Intends to meet one's physical and psychological needs.

## 10 Principles

- **Reject diet mentality:** Let diets go, evaluate your worth, and remove diet culture media from your life.
- **Obey your hunger:** Eat when you are hungry. Fuel your body with energy-providing foods.
- **Make peace with food:** Give yourself permission to eat anything. Deprivation can lead to bingeing and craving.
- **Challenge food police:** Food is not good or bad; it has no moral value. It's fuel.
- **Discover satisfaction:** Tune into what you want/need. Enjoy food and match meals and snacks to cravings while keeping good nutrition in mind and practicing "gentle nutrition".
- **Feel fullness:** Use mindful eating practices, honor hungry days. Not all days are alike.
- **Cope with your emotions through kindness:** Don't block emotions with food or food restriction which can lead to eating disorders. Find other, non-food ways to comfort yourself.
- **Respect your body:** Stop comparing your body to others. Avoid negative self-talk, appreciate what your body does for you.
- **Move your body:** Move in ways you enjoy. You don't need to "earn" your food by exercising. Focus on how movement makes you feel - not look.
- **Honor your health with gentle nutrition:** choose foods that honor your health, taste good, and help you to feel good. Focus on progress, not perfection.

## Learn More - Resources

- Colleen Christenson, RD
  - *No Food Rules*
  - [colleenchristensennutrition.com/](http://colleenchristensennutrition.com/)
- Intuitive Eating Pros
  - [intuitiveeating.org/about-us/](http://intuitiveeating.org/about-us/)
- Christy Harrison, MPH, RD (Intuitive Eating Dietitian)
  - Food Psych Podcast
  - [christyharrison.com/](http://christyharrison.com/)