HEALTHBREAK

JUNE 2021

Intuitive Eating Basics

Intuitive eating is an evidence-based approach that aims to help you become more aware of how and why you're eating — eating when you're hungry, stopping when you're full, and eating satisfying foods. In addition, intuitive eating is about having unconditional permission to eat, and managing your emotions without using food.

Here are the 10 basic principles of intuitive eating:

1. Reject the diet mentality.

2. Honor your hunger. When you're hungry, feed your body with foods that provide adequate energy. Avoid becoming excessively hungry.

3. Make peace with food. Allow yourself to eat all foods. Depriving yourself of food can lead to overeating and feeling guilty.

4. Challenge the food police. Don't follow those unreasonable rules that diet culture has created. You're not "bad" for eating that piece of chocolate. You're not "good" for eating less calories. Everything is good, in moderation.

5. Discover the satisfaction factor. Such pleasure and satisfaction can be found through the eating experience. When you allow yourself to eat what you really want, you will feel satisfied and content.

6. Feel your fullness. Your body will tell you when you're full — pay attention to those signs. Pause in the middle of eating and ask yourself if you're still hungry. Evaluating your fullness as you eat may help you find you're eating less and not even noticing.

7. Cope with your emotions with kindness. Realize that food won't fix your feelings — it may comfort you for the short term, but it won't solve the problem.

8. Respect your body. Be realistic — don't be critical about your body size or shape.

9. Movement — feel the difference. Focus on how you feel after you exercise. Noticing you have more energy after a workout will make it much easier to get out of bed for that morning walk instead of hitting the snooze button.

10. Honor your health and choose gentle nutrition. Choose food that makes you feel good. You don't have to eat perfectly all the time — you won't become unhealthy just because you eat one unhealthy meal or snack. It's all about what you eat over time, so enjoy food.

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