

# Intuitive Eating



**Healthy Eating Tip of the Month**  
**January 2021**

## What is Intuitive Eating?

An evidence-based, mind-body health approach which focuses on listening and responding to the body's physical and psychological needs to honor health.



## Is Intuitive Eating a type of diet?

No. Intuitive Eating is a health approach or practice which uses hunger and satiety cues to determine when and how much to eat. This health approach rejects diet culture and recognizes that diets do not ultimately help us reach our health goals.

## Is Intuitive Eating the same as Mindful Eating?

Mindful Eating is a part of Intuitive Eating, but Intuitive Eating includes more than this which is outlined in its 10 Principles.





# Intuitive Eating: Fast Facts

Your source for more information:

[intuitiveeating.org/](http://intuitiveeating.org/)



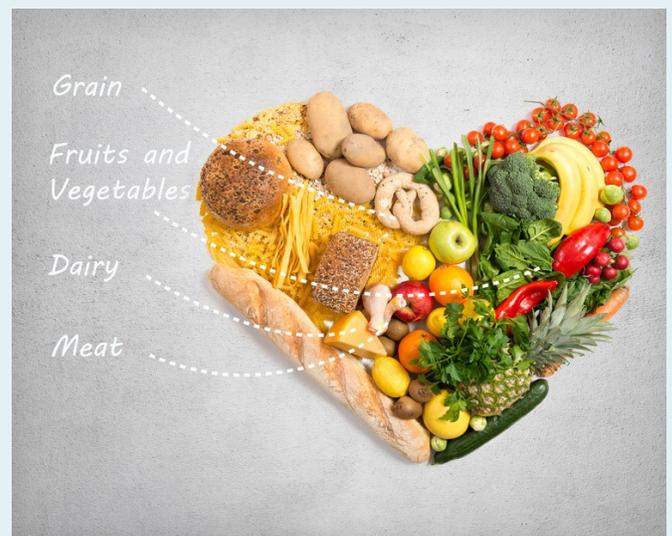
- Intuitive Eating is a practice, not a diet
- 10 principles define Intuitive Eating, but there are no rules
- Individualized by following cues for hunger and satiety
- Focus is on your enjoyment of food and overall health and wellbeing
- Intuitive Eating is learned and sustainable
- Conscious or mindful eating is a component of intuitive eating



# What are the 10 Principles of Intuitive Eating?



1. “Reject the Diet Mentality”—recognize that diets are not the answer to your health goals
2. “Honor Your Hunger”—use a mind-body approach to determine when you are hungry
3. “Make Peace with Food”—stop feeling guilty about when you eat and what you choose to eat
4. “Challenge the Food Police”—know that your decisions on what you eat should not be classed as good or bad depending on your food choices
5. “Discover the Satisfaction Factor”—enjoy the pleasure you get from eating as this will help you recognize satiety
6. “Feel Your Fullness”—use a mind-body approach to determine satiety
7. “Cope with Your Emotions with Kindness”—avoid both restricting and indulging in food for coping with negative feelings—this could only help in the short term
8. “Respect Your Body”—appreciate your body and body size without placing unrealistic goals for your body
9. “Movement—Feel the Difference”—engage in physical activity without focusing on calorie burning, but rather how it feels to move your body
10. “Honor Your Health—Gentle Nutrition”—eat to make you feel good today, tomorrow and in the future



## For More Information:

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