

# Intuitive Eating Guide

This guide outlines the principles of Intuitive Eating, a dietary approach that encourages a healthy relationship with food and body image. It aims to teach individuals to listen to their bodies, eat mindfully, and reject traditional diet mentality.

## Step 1: **Reject Diets**

Begin by discarding the diet mentality. Stop looking for a quick fix and acknowledge that dieting can lead to a cycle of weight loss and gain, and isn't conducive to long-term health.

## Step 2: **Honor Hunger**

Learn to recognize and honor your biological hunger signals. Eat when you're hungry and stop when you're comfortably full to rebuild trust with your body and its hunger cues.

## Step 3: **Make Peace**

Make peace with food by giving yourself unconditional permission to eat. This will help to alleviate feelings of guilt or anxiety surrounding eating.

## Step 4: **Challenge Food Police**

Silence the internal 'food police' that label foods as 'good' or 'bad.' This allows for a more neutral and balanced approach to eating.

## Step 5: **Respect Fullness**

Eat slowly and mindfully, paying attention to the signs of fullness from your body. Respect those signs and stop eating once you feel satiated.

## Step 6: **Discover Satisfaction**

Focus on the pleasure and satisfaction that eating can provide. By doing so, you may find that it takes less food to decide you've had 'enough.'

## Step 7: **Cope with Emotions**

Find ways to cope with emotions without using food. Emotional eating can interfere with intuitiveness; seek other methods for comfort, stress relief, and emotional processing.

## Step 8: **Respect Body**

Learn to respect your body, recognizing that everyone is naturally different, which includes size and shape. Self-acceptance can significantly improve your relationship with food.

## Step 9: **Exercise Feel**

Shift the focus from exercising to lose weight to how it feels to move your body. Choose enjoyable ways of being active that help you feel strong and alive.

## Step 10: **Honor Health**

Opt for nutritious food that you also enjoy and that makes you feel well. It's about balance and choosing foods that honor both your health and your taste buds.

# General Notes

## **Flexibility**

Remember, Intuitive Eating is flexible and personal. There is no 'one-size-fits-all' approach, so adapt these principles to fit your lifestyle and needs.

## **Patience**

Developing an intuitive eating approach takes time and practice. Be patient with yourself as you unlearn dieting habits and learn to eat intuitively.

## **Support System**

Consider building a support system with friends, online communities, or a registered dietitian who is familiar with Intuitive Eating to help guide and support you in this journey.

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