

## **Intuitive Eating**

### **What is intuitive eating?**

Intuitive eating provides a framework for an emotionally and physically healthy way of life by asking people to listen to their body as they make decisions about what they eat and how much.

### **Why is intuitive eating important?**

An estimated 30 million Americans struggle with distorted eating and many are even unaware of the signs that lead up to the development of an eating disorder (“Eating Disorder Statistics: General & Diversity Stats: ANAD”). Letting your own body listen carefully to cues of hunger and fullness is essential to creating a positive relationship with food. Intuitive eating has been shown to lead to improved body image and quality of life. Placing a strong emphasis on body positivity, intuitive eating rejects the diet culture and fosters the idea of self love.

### **How can I practice intuitive eating?**

According to the *Intuitive Eating Pros*, there are a few principles of intuitive eating that can help foster a healthy lifestyle (“10 Principles of Intuitive Eating”).

1. Reject the diet mentality
  - a. Diets and weight loss trends offer you the false hope of losing weight quickly, easily, and permanently.
2. Listen to your hunger

- a. Keep your body biologically fed. Learning to honor this first biological signal sets the stage for rebuilding trust in yourself and in food.
3. Make peace with food
  - a. Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have certain foods, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing.
4. Challenge the food police
  - a. The food police monitor the unreasonable rules that diet culture has created.  
Challenge the food police - eat what your body wants!
5. Discover the satisfaction with food
  - a. When you eat what you really want, in an environment that is inviting, you will find pleasure and satisfaction in your experience. You will then find that it takes just the right amount of food for you to decide you've had "enough."
6. Feel your fullness
  - a. Listen for the body signals that tell you that you are no longer hungry.
7. Cope with your emotional eating
  - a. Food won't fix any of your feelings. It may be comforting for a short time, but food won't solve the problem.
8. Respect your body
  - a. You only have one body, you should treat it with kindness.

### **What are the benefits of intuitive eating?**

The benefits of intuitive eating are... (Rumsey)

- Higher cholesterol

- Lower rates of emotional eating
  - Lower rates of disordered eating and eating disorders
  - Higher self-esteem
  - Better body image
  - More satisfaction with life
  - Optimism and well-being
  - Proactive coping skills
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## References

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