

Six Pillars for Intuitive Eating

Reject The Diet Mindset

While Intuitive Eating *May* Help With Weight Loss, It Is Not a Diet or a Promise of Weight Loss



Intuitive eating differs from diets because the focus is never on weight loss. It is very much about the process of relearning how to trust your body and healing your relationship with food.

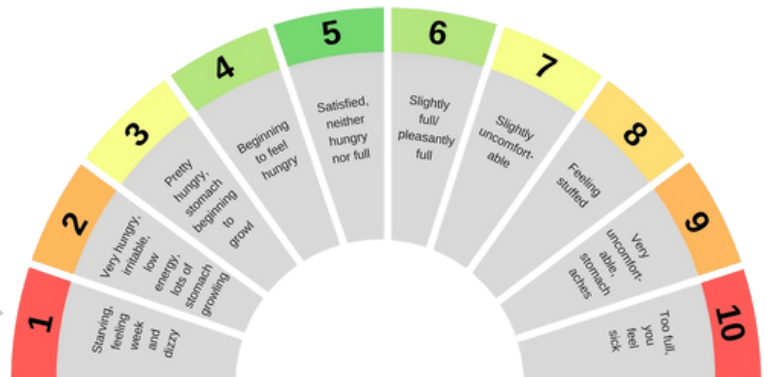
It's not linear; it is not uncommon for someone to continue to struggle with certain aspects for months or years. There is no finish line in IE. It can be adapted to your nutrition needs through all stages of life, and it's associated with better long term health outcomes than dieting.



Honor Your Hunger

Connect with subtle body signals of hunger and fullness. Hunger is not meant to be feared or mistrusted

The Hunger/Fullness scale helps us get familiar with the different qualities and intensities of hunger and fullness.



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Intuitive Eating Mindset

DIETING MINDSET

Portion Control

"I don't trust myself around these foods and if I have an unlimited amount, I'm afraid I won't be able to stop eating. With this portion control I don't have to think about it"

INTUITIVE EATING MINDSET

"I like the convenience of having something I can grab in a hurry. If I'm hungry I can have another one or add something else to my snack. If I only want a taste, I'm ok saving the rest for later"

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Make Peace

Here are some common fears around foods that are rooted in false beliefs (meaning they can be reframed with practice and time!):

- ✓ Once I start eating a forbidden food, I won't be able to stop → Lack of body-trust
- ✓ I've tried it before, it didn't work → Reflect on past diet failures and broken promises
- ✓ I won't eat healthily → Nutrition has its place in Intuitive Eating but food peace must be achieved first
- ✓ I need to lose weight before I can eat this food → Reflects diet mentality
- ✓ My friends or family will criticize my food choices → Needs to rely on internal cues: to eat/not eat

Reframe

Start to challenge the voice that polices your food choices and lifestyle

Examples of transitioning from judgment to awareness:

1. Identify a negative, critical, or judgmental statement you have told yourself in the past

2. Consider how you feel when that statement is applied. Guilty? Shameful? Angry? Rebellious?

3. Reframe that statement into a neutral or positive statement. EXAMPLE: "I have permission to eat the foods I enjoy that nourish my body and mind"

Respect Your Body

Learn to treat your body with dignity and respect. Move towards body neutrality, and perhaps, eventually, body acceptance and positivity.

Body bashing and negative body talk further internalizes shame and disdain for our bodies, or envy for someone else's body. It can prevent us from granting permission to eat all foods or hold onto fear of certain foods

Exercise: Focus on how you feel when you engage in movement you enjoy, not how many calories you're burning or how many more minutes you have to suffer through it.

