

10 PRINCIPLES OF INTUITIVE EATING

1 Reject the Diet Mentality

Ditch diet culture! Turn away from restrictive food rules and fad diets that falsely promise lasting results.

2 Honor Your Hunger

Reconnect with your hunger cues and adequately nourish your body. Build trust within yourself to stop feeling out of control with food.

3 Make Peace with Food

Depriving yourself of food leads to craving, overeating, and guilt, so give yourself unconditional permission to eat all foods.

4 Challenge the Food Police

Say "no" to those thoughts in your head that equate your worth to the perceived "good" and "bad" foods you eat.

5 Respect Your Fullness

Check in with your body by pausing in the middle of a meal. Ask yourself how the food tastes and how full you feel.

6 Discover the Satisfaction Factor

The eating experience can be satisfying and pleasurable when you allow yourself to eat the food you truly desire.

7 Honor Your Feelings Without Using Food

Emotional eating only provides short-term comfort. Find other methods that help you resolve your emotions without turning to food.

8 Respect Your Body

Accepting your body will allow you to feel better about who you are. Instead of criticizing, honor your body for all it does for you.

9 Movement - Feel the Difference

Exercise shouldn't be a punishment or an obligation. Shift your focus to how it feels to move your body and discover activities that feel good.

10 Honor Your Health - Gentle Nutrition

Eating "perfect" does not mean healthy. Start choosing foods that honor your physical and mental health and your taste buds.