

Eating With Intention

Intuitive Eating

Eating a well-balanced diet – one that meets our physical, emotional, and social needs – looks different for each of us.

One way to learn to fulfill our unique nutritional needs is through intuitive eating.¹ Created by registered dietitians Evelyn Tribole and Elyse Resch, intuitive eating aims to help people build a more compassionate relationship with their bodies and food.

Intuitive eating consists of 10 principles you can incorporate into your life!



1 REJECT DIET MENTALITY

Recognize the messages that diet culture projects about food and appearance and avoid their influence. Diet culture is the culmination of social expectations about appearance, food choices, and movement. Diet culture sends the message that there is one “right” way to look, eat, and exercise and that those who do not comply are “wrong” and “less worthy.”

2 HONOR YOUR HUNGER

Listen to your body’s hunger cues, just like you would your body’s signal that it’s time to use the bathroom.

3 MAKE PEACE WITH FOOD

Adopt a non-restrictive view of food. Allow yourself to eat all the types of food you want without rules or restrictions.

4 CHALLENGE THE FOOD POLICE

Question internal and external judgment about food’s value as “good” or “bad,” “healthy” or “unhealthy.”

5 DISCOVER SATISFACTION

Choose foods that bring you joy. This can include all categories of foods, like a refreshing piece of fruit or a comforting bowl of pasta.

6 NOURISH MINDFULLY

Check in with your body during a meal. Are you physically satisfied or full?

7 APPROACH EMOTIONS WITH KINDNESS

Use a variety of tools to process your emotions. There is no shame in emotional eating, and see what other self-soothing tools work for you. Maybe try a breathing exercise or walk.

8 HONOR YOUR BODY

Practice thinking of and treating your body with unconditional positive regard.

9 MOVEMENT

Explore and do forms of movement that make you feel happy, strong, and motivated.

10 HONOR YOUR HEALTH

Allow yourself to eat all types of foods, and make sure that in total, your body gets the nutrients and energy it needs.

If you are interested in learning more about intuitive eating, check out the several books and workbooks available [here](#).

1. Tribole, E., MS RDN and E. Resch, MS RDN. Intuitive Eating, 4th ed.