

Intuitive Eating

Intuitive Eating is an evidenced-based approach to eating that integrates emotion, instinct and rational thought. This self-care eating framework is based on 10 principles and was created back in 1995 by two dietitians, Evelyn Tribole and Elyse Resch. Intuitive Eating is a weight-neutral model and is backed by 150 studies to date. This approach allows the individual to honor their health by tuning back into the body and responding to the messages it gives them in order to meet their needs.

This dynamic process includes the following 10 principles:

- 1.Reject the Diet Mentality
- 2.Honor Your Hunger
- 3.Make Peace with Food
- 4.Challenge the Food Police
- 5.Discover the Satisfaction Factor
- 6.Feel Your Fullness
- 7.Cope With Your Emotions With Kindness
- 8.Respect Your Body
- 9.Movement—Feel the Difference
- 10.Gentle Nutrition

These principles work together to help you break down rules and old beliefs that you may have picked up from the media, a well-meaning family member, or through years of dieting. Instead, it teaches you how to cultivate a more supportive inner dialogue and build trust in the body to provide the necessary feedback to meet your biological and psychological needs.

Intuitive Eating has been associated with improved physical and mental health outcomes such as:

- Higher self-esteem
- Improved body-trust
- Increased satisfaction with life
- Improved body image
- Optimism and well-being
- Reduced guilt/shame around eating
- Proactive coping skills
- Lower rates of emotional eating
- Lower rates of disordered eating
- Higher HDL (good) cholesterol levels
- Lower Triglyceride levels