

Intuitive Eating

Week 2



February 4, 2026



Thames Valley
Family Health Team

Zoom Manners

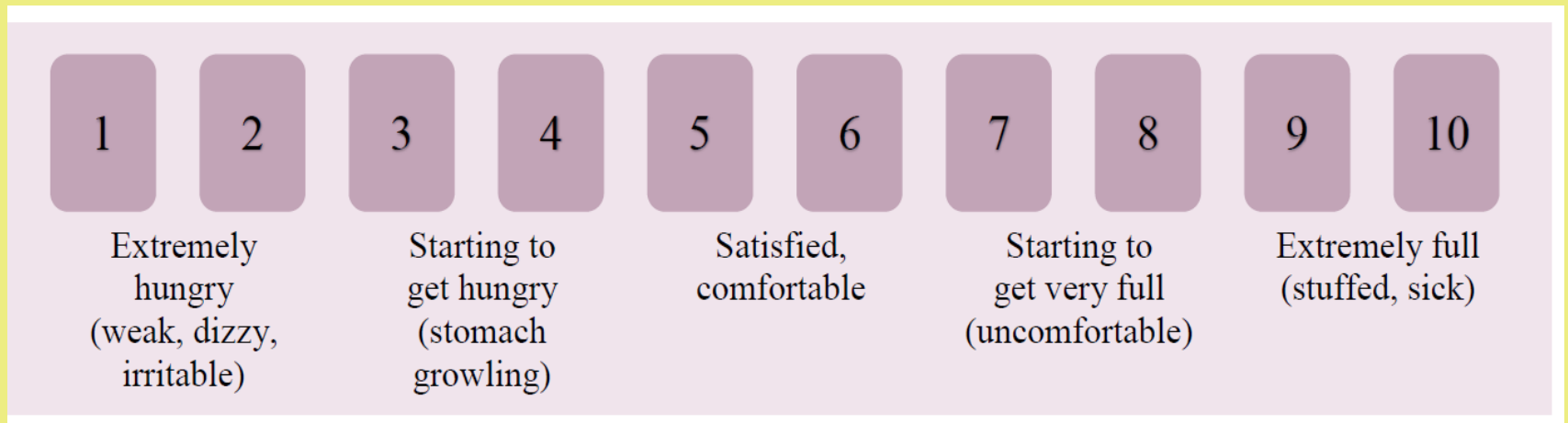


- Please be gentle with each other
- Please use headphones for privacy reasons, if possible
- Please turn your camera on when in session
- Please mute your microphone if not speaking
- Please do not use “chat” space for anything not related to the group
- Please share the airtime with others; we have time for questions and comments in group



Check in

How did it go with the hunger and fullness scale?



10 Principles of Intuitive Eating

1. Reject the Diet Mentality
2. Honour Your Hunger
3. **Make Peace With Food**
4. **Challenge the Food Police**
5. Feel Your Fullness
6. **Discover the satisfaction factor**
7. **Cope with Your Emotions with Kindness**
8. Respect your Body
9. Movement – Feel the Difference
10. Honor Your Health with Gentle Nutrition



Make Peace with Food

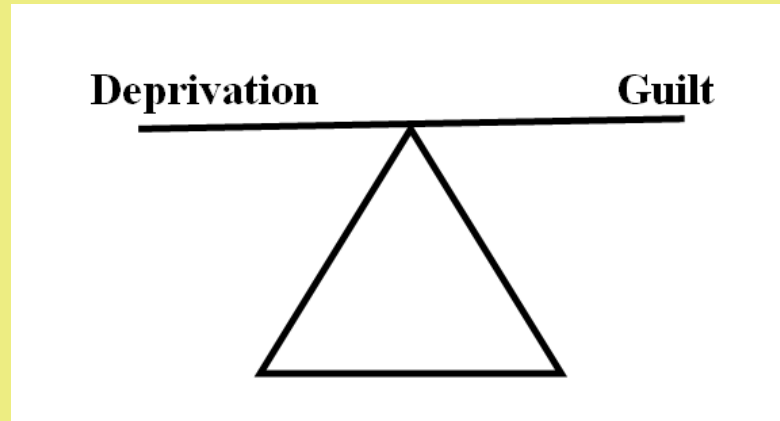
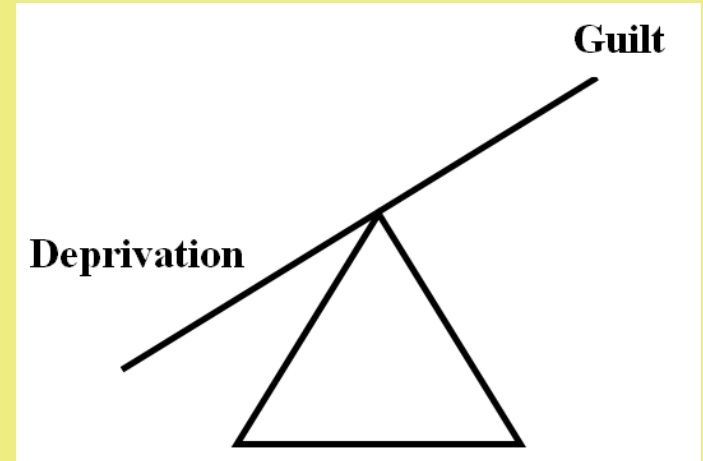
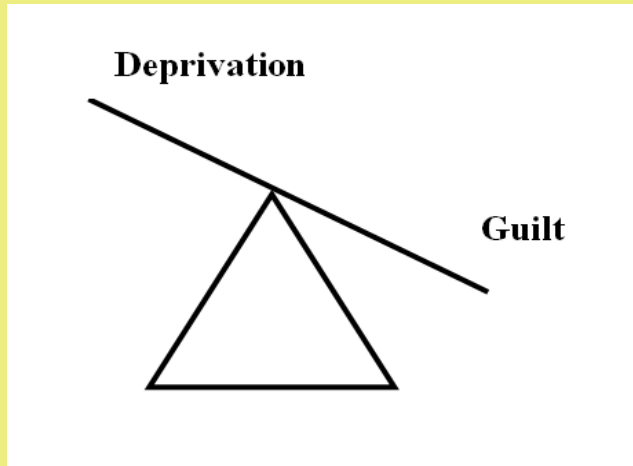


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Make Peace with Food



Make Peace with Food

No good food or bad food

Give yourself permission to eat what you want

Unconditional (no “I’ll exercise later to make up for this”)

Free your mind



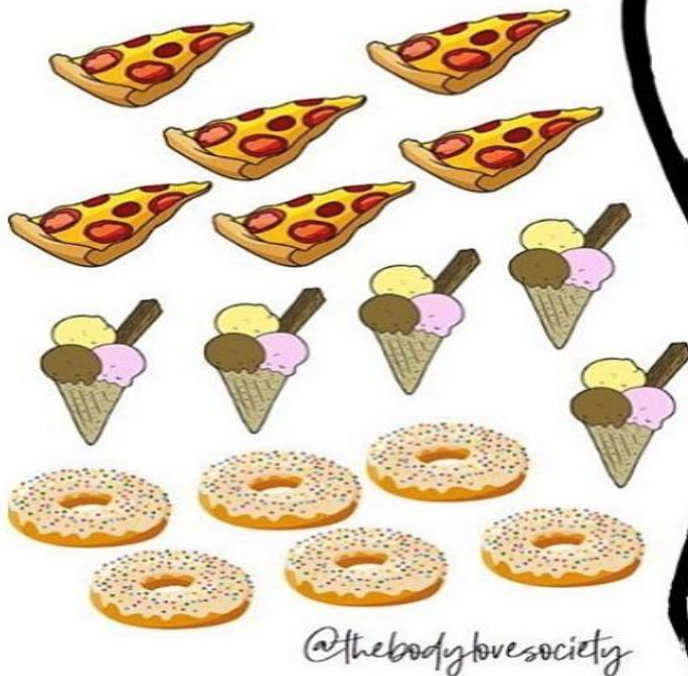
Make Peace With Food: The Fear



thebodylovesociety
Los Angeles, California

...

**WHAT YOU THINK
"ALLOWING ALL FOOD"
WILL LOOK LIKE**



**WHAT
"ALLOWING ALL FOOD"
ACTUALLY LOOKS LIKE**



Challenge the Food Police



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Challenge the Food Police

- Food Police monitor the unreasonable rules that "diet" culture created.
- Harsh critical voice, driven by dieting mentality
- Triggered by listening to media, family, and peers



Common Food Police Thoughts (Food Rules)

- *“I should never eat carbohydrates even if I crave them.”*
- *“Fruits and vegetables are good. Bread and pasta are bad.”*





snack.
You know,
I already had

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Common Food Police Thoughts

“I need to finish what I ordered otherwise it’s wasteful.”

“It’s a cheat day.”



Common Food Police Thoughts



“I paid for this all-inclusive, I better get my money’s worth.”

“It’s Christmas/my birthday/vacation. I’ll go on a diet next week.”

Challenge the Food Police

"Eating after supper will make me gain weight."

- Is it REALLY true in all situations?
- Should it be black and white?
- Is this belief realistic?



Impact of Untrue Food Beliefs

Myth:

Carbohydrates cause weight gain

Thoughts:

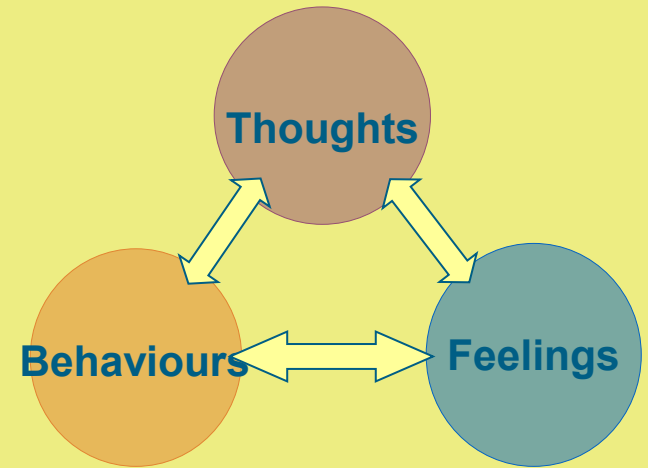
“I can’t do it. I failed again. I’ll never lose weight. I give up”

Feelings:

I feel disappointed, sadness, guilt, anger, shame

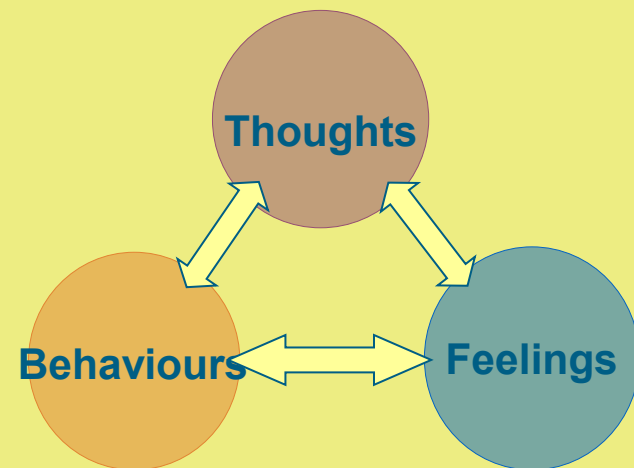
Behaviours:

Give up, eat more, restrict



The Way We Think Affects Behaviours

- Dichotomous/Back & White
- Catastrophic/Exaggerated
- Pessimistic/Worst Case
- Linear/Inflexible
- Overgeneralization



Food Police Thoughts vs Intuitive Eating



- Choosing food you enjoy
- Emotional eating will never satisfy the underlying need
- All bodies are good bodies to be respected
- Moving your body in a way you enjoy will help you feel energized



Intuitive Eating Facts

- Diets don't work
- Your body can regulate hunger and fullness and knows what it needs
- Aim for a 5 to 6 out of 10 fullness at meals
- There are no good foods and bad foods



Break

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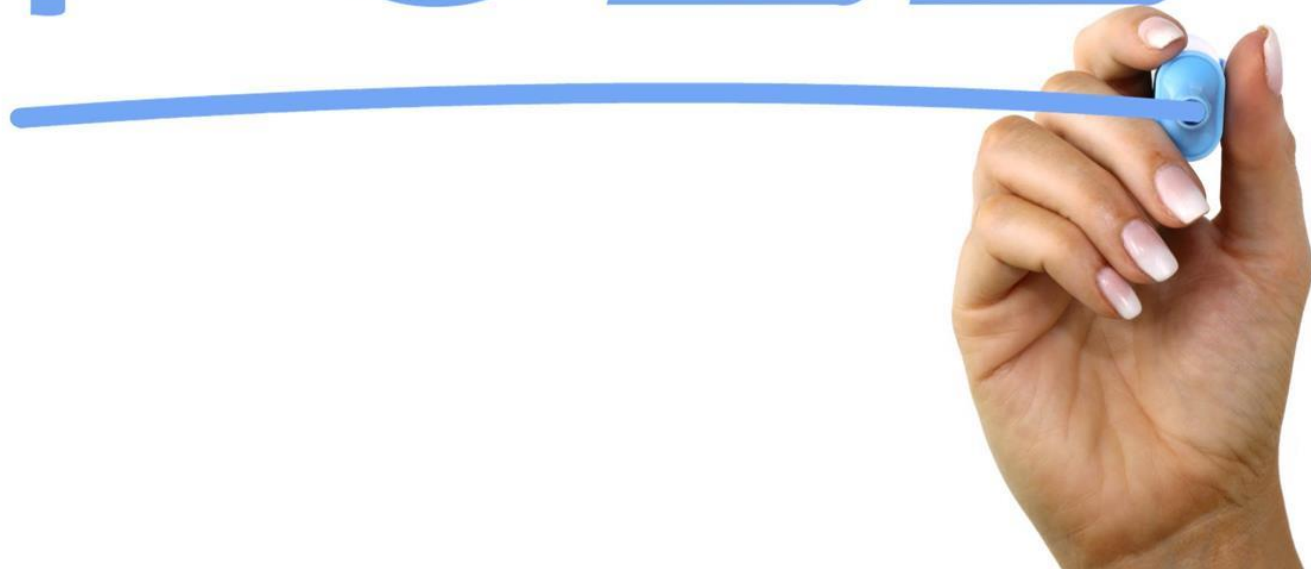
Discover the Satisfaction Factor

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"I avoid foods I enjoy if I think they are unhealthy or bad"

- Answer 1: Strongly agree
- Answer 2: Agree
- Answer 3: Neutral
- Answer 4: Disagree
- Answer 5: Strongly Disagree

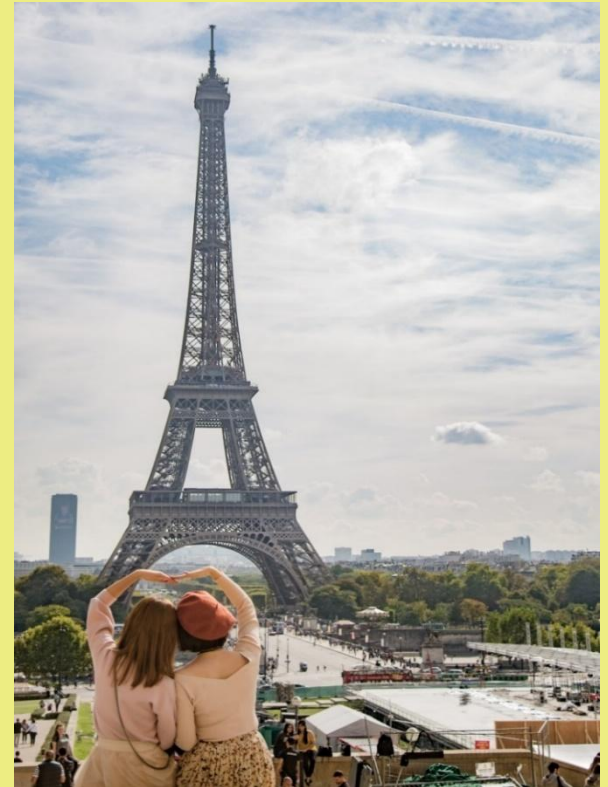


Discover the Satisfaction Factor

It's a fact!

Studies show that *Epicurean eating pleasure* – a concept that involves an ongoing appreciation for the aesthetics of food, their symbolic value, and the pursuit of pleasure – is correlated with smaller portions and higher well-being, yet is not associated with higher body mass.

(Cornil and Chandon 2015)



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Mindful Eating Exercise



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Discover the Satisfaction Factor

Things to consider:

- What do you really want to eat?
- What type of environment do you want to eat in?
- How much time do you allow to eat?
- Are you doing other activities while eating?
- Do you think your hunger/fullness level impacts your satisfaction?
- Are you enjoying the food you eat?



Cope with Your Emotions with Kindness



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The Emotional Eating Cycle



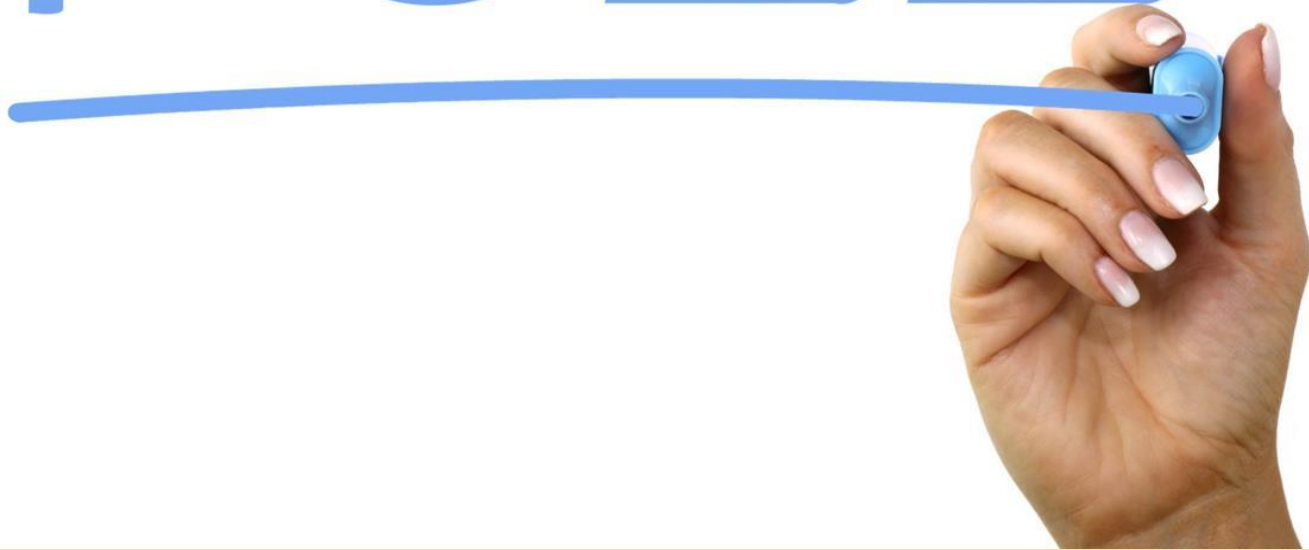
Who can relate?

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How often do you use food to cope with your emotions?

- Answer 1: Never
- Answer 2: Sometimes
- Answer 3: Often
- Answer 4: Always



Using Food to Manage Mood



FOOD STIMULATES THE
REWARD CENTERS OF THE
BRAIN



RELEASE OF ENDORPHINS,
SUCH AS SEROTONIN
(FEEL GOOD CHEMICALS)



OVER TIME YOU OFTEN
NEED MORE AND MORE
FOR THE SAME EFFECT

HALT!

Hunger

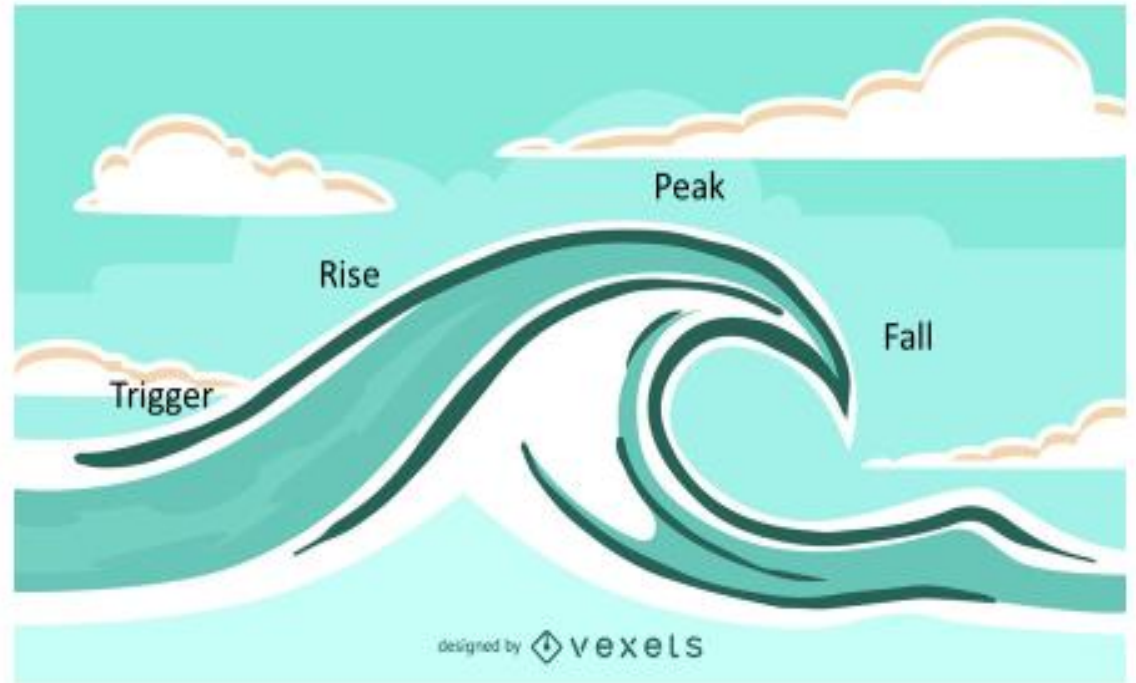
Anxious/Angry

Loneliness
(Boredom)

Tired/Thirsty



Surfing the Urge



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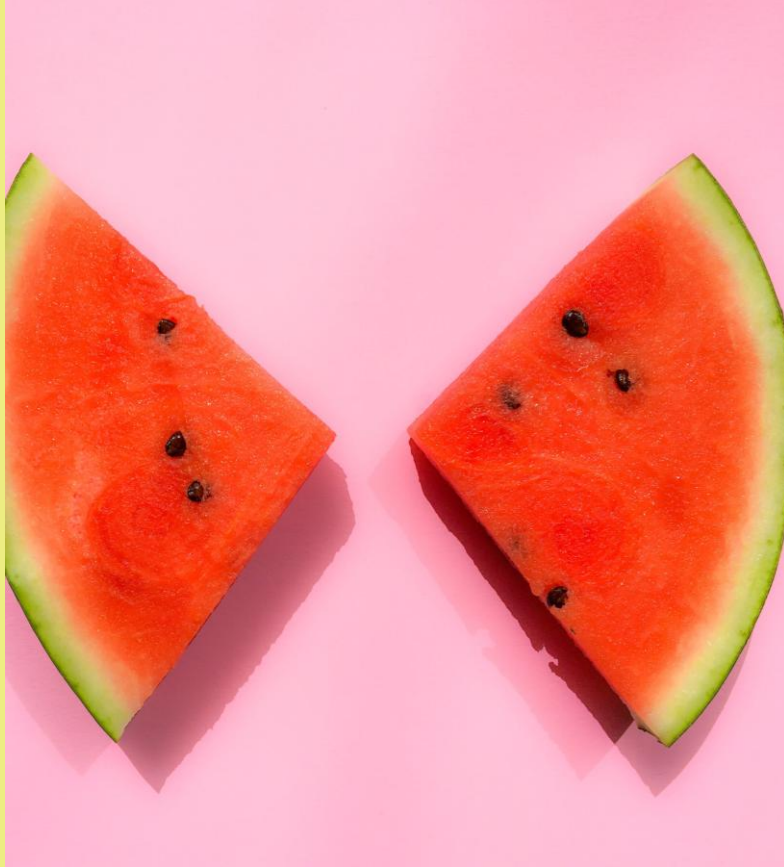
Cope with Feelings without Food

Other things to consider:

- Sleep
- Life Balance
- Nourishment
- Stress



Summary



Make Peace with Food

Challenge the Food Police

Discover the Satisfaction
Factor

Cope with your Emotions
With Kindness

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Practice Activities



Satisfaction Discovery Scale 1-10:

Rate your *Hunger* before eating

Rate your *Fullness*

Rate your *Satisfaction*

Notice Food Police thoughts

Practice mindful eating

Tune into your feelings before eating



One final thought....



findfoodfreedom
@dietitiansammy



When you are 90 years old you will not look back and say "I'm so glad I spent my whole life obsessed with food & my body". It is never too late to start your journey to food freedom.

