

Intuitive Eating

Week 3



February 4, 2026



Thames Valley
Family Health Team

Check-In

Did you...

- Tune into feelings before eating
- Notice any of your food police thoughts
- Use the Satisfaction Discovery Scale
- Practice Mindful Eating

February 4, 2026



Thames Valley
Family Health Team

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**





Respect Your Body

February 4, 2026



Thames Valley
Family Health Team

Respect Your Body:

- Practice gratitude for what your body can do
- Self-care
- Wearing clothes that fit and are comfortable
- Getting rid of the scale



Respect Your Body

Don't:

- Engage in “fat-talk” or negative thoughts about your body
- Body check
- Be unrealistic
- Keep clothes that don't fit
- Don't compromise for big events

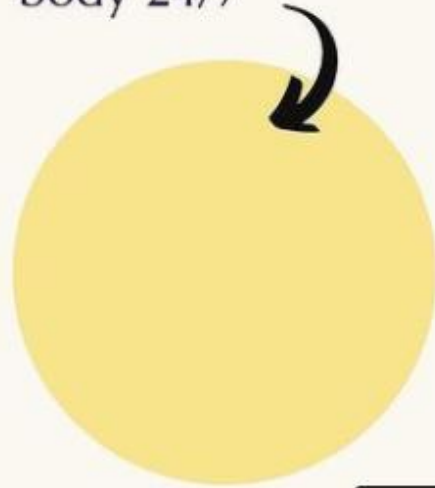
Do:

- Body acceptance, regardless of size and “imperfections”.
- Engage in health promoting behaviors
- Resist unrealistically narrow standards of beauty perpetuated by media.



What you think body acceptance is

Loving your body 24/7



bodybybreakfast

i_weigh

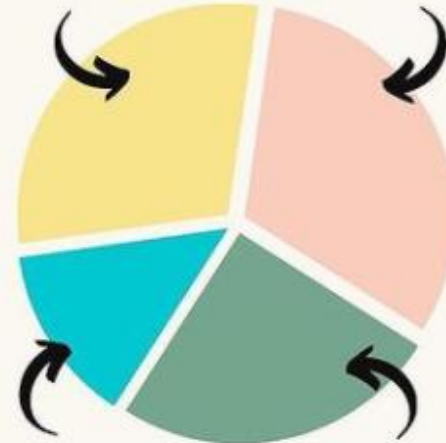


@bodybybreakfast

What body acceptance actually is

knowing that some days are hard but our bodies still deserve love, care, understanding and respect

appreciating your body for all that it does for you



freeing up time, money and head space from the constant pursuit of unrealistic beauty standards

understanding that the way we look has nothing to do with our worth because it is the least interesting thing about us



Distortions in the media

Photoshop Video:

https://www.youtube.com/watch?v=qY_dmwWFIYA





February 4, 2026



Thames Valley
Family Health Team

"You don't burn a Picasso just because it's not the Mona Lisa. You can admire both of them and think they are both beautiful. And so it's really about expanding our minds to accept that even if we all ate the same foods and exercised the same amount and got the same haircut, we would all still look different and that's normal and that's okay."

-Jessica Setnick



Body Respect

Weight Bias:

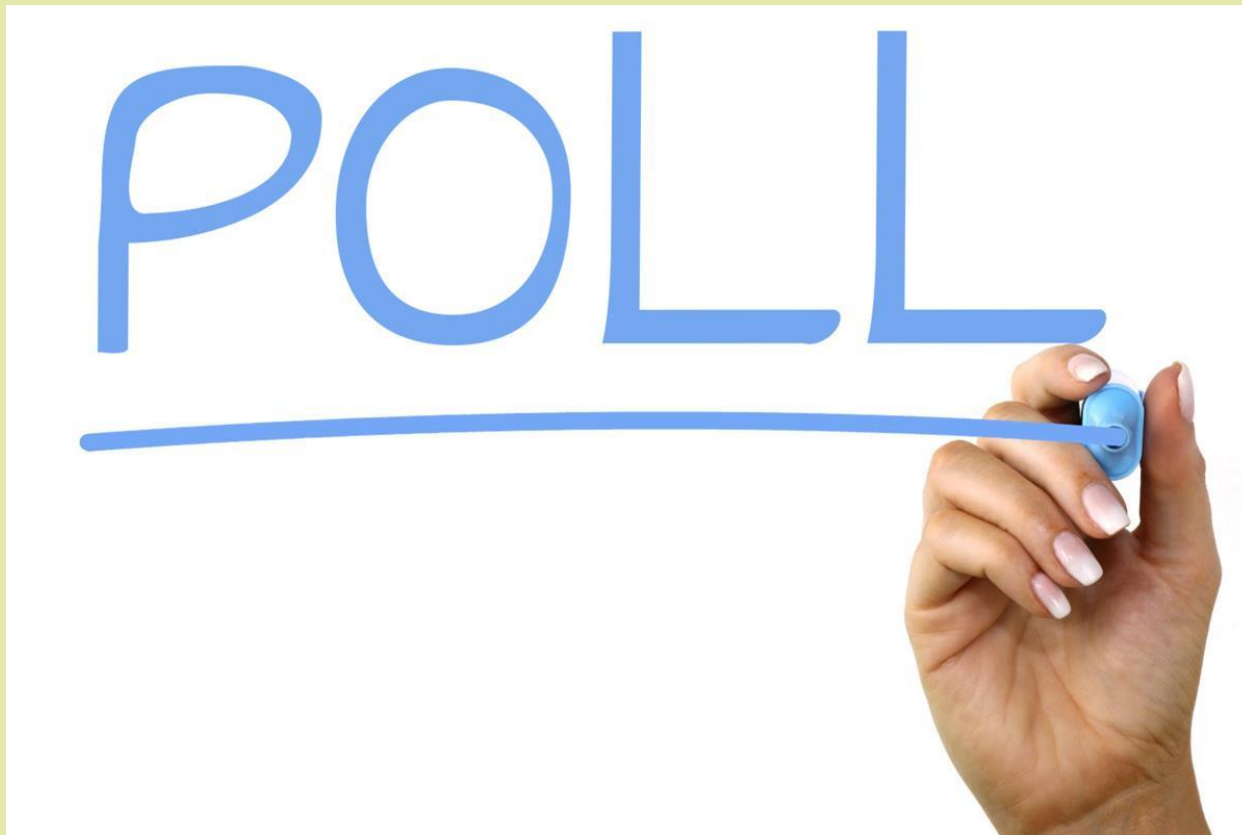
- negative attitudes and views towards people with obesity

Weight Stigma:

- judging someone unfairly because of their weight



Body Respect



February 4, 2026



Thames Valley
Family Health Team

Have you ever experienced weight bias or weight stigma?

If so, how/where did you experience it?





Saying Goodbye....



Body Respect



February 4, 2026



Thames Valley
Family Health Team

How confident do you feel that you could let go of weighing yourself?

1. Not Confident
2. Neutral
3. Somewhat Confident
4. Very Confident



Getting Rid of the Scale

- Why?
- What to say when someone wants to weigh you?



Body Respect



February 4, 2026



Thames Valley
Family Health Team

What are your feelings in response to this statement:

"I want to give up dieting for good, I don't think they work, but I still want to lose weight"?

1. Strongly disagree
2. Somewhat disagree
3. Neutral
4. Agree
5. Strongly agree



Break

2/4/2026



Thames Valley
Family Health Team



Movement— Feel the Difference

February 4, 2026



Thames Valley
Family Health Team

OBESITY
+ NO EXER



Movement – Feel the Difference

"If **exercise** could be packaged in a **pill**, it would be the single most **widely prescribed** and **beneficial medicine** in the nation."

-Robert Butler, National Institute on Aging

23 and 1/2 hours: What is the single best thing we can do for our health?
(youtube.com)



Thames Valley
Family Health Team

How to Start Exercising

Tips from James Clear, author of Atomic Habits



1. Develop a RITUAL
2. Start with an exercise that is RIDICULOUSLY small
3. Focus on HABIT first, and results later



What are my barriers to physical activity?

Ideas to overcome these barriers:



Gentle Nutrition



February 4, 2026



Thames Valley
Family Health Team

Gentle Nutrition

What is healthy eating?

- Healthy balance of foods AND having a healthy relationship with food.

Relationship with food

- Eating habits do not determine personal value.
- Your food choices don't make you better or worse than anyone else.



Canada's
food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits



Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods



Nutrition: Consider Taste, Quantity and Quality



Taste

You can still honour health while considering taste, without guilt

Quantity

Eat enough, not too little!

Quality

General nutrition guidelines

Making Informed Food Choices



If you are finding it hard to move away from dieting, knowing the basic nutrients in food can help you make more informed food choices.



Examples

Higher fibre for digestive issues

Label reading to reduce sodium



How to Keep the Pleasure in Eating

Listen to nutrition guidelines **and** your body

- ✓ Do I really like the taste of these foods, or am I being a diet/health martyr?
- ✓ How does eating this food or meal make my body feel?
- ✓ How do I feel when eating consistently in this manner?
- ✓ Do I like this feeling- would I choose to feel this way again?
- ✓ Am I experiencing differences in my energy level?



Changing Your Eating Habits

- One step at a time
- Small changes are more sustainable than a complete overhaul!
- Set **S.M.A.R.T.** Goals

Specific, **M**easurable, **A**chievable, **R**ealistic **T**imely



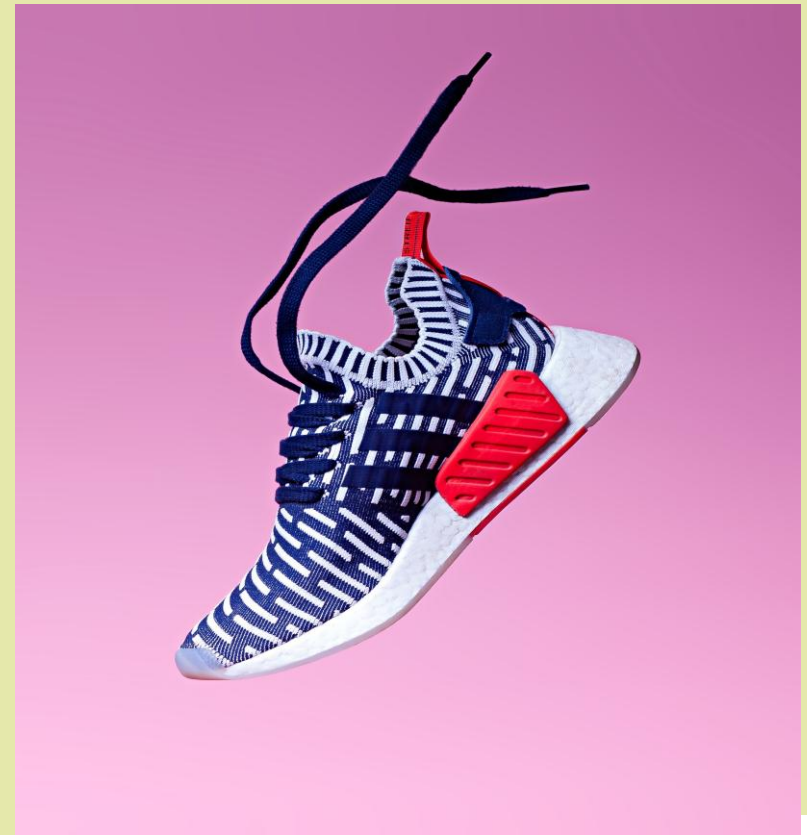
Setting a S.M.A.R.T. Goal

- **What am I going to do?**
- This week I will walk

- **How much am I going to do it?**
- Around the block

- **When am I going to do it?**
- Before Lunch

- **How many days a week am I going to do it?**
- 3 times (Mon, Tues, Wed)



Intuitive Eating is a Journey

Remember:

"Intuitive Eaters match to their inner hunger signals and eat whatever they choose without experiencing guilt or an ethical dilemma." ...

“One day...” or Day One!



Next Steps...

We encourage you to:

- See the resource page provided in Week 1 for other helpful links
- Complete the group evaluation this week
- Complete the final assessment in one month



Thank You!

February 4, 2026



Thames Valley
Family Health Team