

Intuitive Eating Program - Resource Summary

Week 1:

- Intuitive Eating – A Revolutionary Anti-Diet Approach (4th Edition, E. Tribole and E. Resch)
- The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food (2nd Edition, E. Tribole and E. Resch)
- Chloe the Cat (video): <https://www.youtube.com/watch?v=F20hTRZdB8o>
- Trust Your Hunger and Make Peace with Food - Eve Lahijani | TEDxUCLA: <https://www.youtube.com/watch?v=Ssr2UDB9EWQ>
- Evelyn Tribole video shorts:
 - Introduction to Intuitive Eating/Reject Diet Mentality: <https://www.youtube.com/watch?v=mAqQrxqf4Vw&t=19s>
 - Honour Your Hunger: <https://www.youtube.com/watch?v=5Mshqm29kw>
 - Feel Your Fullness: <https://www.youtube.com/watch?v=h99oXs39gd0>

Week 2:

- Evelyn Tribole video shorts:
 - Make Peace with Food: <https://www.youtube.com/watch?v=GgrqWfH8Npo>
 - Challenge the Food Police: <https://www.youtube.com/watch?v=GLIKKgMGIO8>
 - Discover the Satisfaction Factor: <https://www.youtube.com/watch?v=LdG0GpBCeSI>
- Mindful Eating Resources:
 - Mindful eating practice: Practicing food mindfulness: https://www.youtube.com/watch?v=rdb_pC3w-wc
 - Am I Hungry – How can mindful eating help me?: <https://amihungry.com/how-can-mindful-eating-help-me/>

Week 3:

- Shocking Female Body Photoshop Airbrush Transformation (video): https://www.youtube.com/watch?v=qY_dmwWFIYA
- Intuitive Eating Dietitians on Instagram:
 - Kirsten Ackerman, RD: @theintuitive_rd
 - Jenn Baswick, RD: @the.intuitive.nutritionist
 - Jenna Zaika, RD: @intuitionnutrition.rd

- Mirna Valerio, ultra runner, adventurer and author, promotes diversity: <https://themirnavator.com/>, @themirnavator on Instagram
- 23 ½ Hours (video): <https://www.youtube.com/watch?v=3F5Sly9JQao>
- Canada's Food Guide: <https://food-guide.canada.ca/en/>
- Evelyn Tribole video shorts:
 - Respect Your Body: <https://www.youtube.com/watch?v=eKa4bPizD3w>
 - Movement - Feel the Difference: <https://www.youtube.com/watch?v=T-pgjTa16bl>
 - Honour Your Health with Gentle Nutrition:
<https://www.youtube.com/watch?v=R8N7L2MBWrg>
- Craving Change – Cognitive-behavioural program for people who struggle with their eating habits: <https://www.cravingchange.ca/public/>