



Intuitive Eating – Week 1

Key Messages

Principle 1: Reject the Diet Mentality

- **Let go of diet culture rules** and work towards building self compassion
- Personal reflection allows you to **explore** your dieting history, **acknowledge** how dieting has interfered with your life, and **discover** why the diet mentality no longer serves you
- Be patient with yourself- this is an ongoing process!

Principle 2: Honour Your Hunger

- Trust that your body will tell you when you are hungry
- Learn what your **hunger cues** look like and how to respond to them

Principle 5: Feel Your Fullness

- Connect with your physical sensations of fullness
- Learn how to overcome barriers to responding to your **fullness cues**

Interesting Facts:

- Did you know that research shows that 95 to 98% of all “diets” fail?
- Did you know that children and youth who “diet” are more likely to be overweight in adulthood?
- Did you know that 40% of 9-year-old girls have “dieted” and 80% of women have “dieted” by the time they are 18 years old?
- Did you know the risk of dying from heart disease is 70% higher in those with fluctuating weights than in those whose weight remains stable, regardless of initial weight, blood pressure, smoking habits, cholesterol level or level of physical activity?

Intuitive Eating

The process is based on 10 principles:

- **Reject the Diet Mentality**
- **Honour Your Hunger**
- **Make Peace with Food**
- **Challenge the Food Police**
- **Feel Your Fullness**
- **Discover the Satisfaction Factor**
- **Cope with Your Emotions with Kindness**
- **Movement – Feel the Difference**
- **Respect Your Body**
- **Honour Your Health – Gentle Nutrition**



Reference: Tribole, E. & Resch, E. (2020). Intuitive Eating: A Revolutionary Program That Works. St Martin's Griffin: New York.

Reject the diet mentality!

Make a firm commitment to give up dieting for the rest of your life. As long as you hold on to even the slightest thought or promise that dieting is in your future, you will sabotage your ability to become an Intuitive Eater.

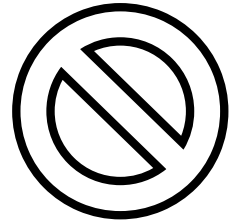
How?

Step 1: Recognize and acknowledge the damage that dieting causes: biological, psychological and emotional

Step 2: Be aware of diet mentality traits and thinking: forget willpower, forget being obedient, forget about failure

Step 3: Get rid of the dieter's tools: scale, calorie counter, diet books and articles

Protect your food boundaries by refusing to allow others to tell you what to eat, when to eat, or how much to eat. Protect your body boundaries by refusing to allow others to make comments about your weight and body.



Note: If you notice you are feeling rebellious or beginning to eat unconsciously, check in with yourself to see if you're still holding on to dieting thinking and dieting rules that are triggering this reaction or if you're being bombarded by any.

What is your eating style?

There are many kinds of eaters—which one are you? Knowing the type of eater you are can help you become aware what your triggers are and learn to deal with them.

1. The Careful Eater

- The trigger for these individuals is health and fitness; they appear to be the perfect eater.
- They are highly nutrition conscious and can anguish over each morsel of food and how it affects the body.
- They scrutinize food labels and interrogate waiters.
- They can under eat and monitor the quantity of food they eat.



2. The Professional Dieter

- The trigger for these individuals is the feeling of being overweight; they are perpetually dieting and often try the latest commercial diet or diet book.
- They tend to have a lot of knowledge about portions, calories and 'dieting tricks'.
- The form of dieting is often in the form of fasting, 'cutting back' and generally restricting foods.



3. The Unconscious Eater

- The trigger for these individuals is to eat while doing something else; they are often unaware that they are eating or how much is being eaten.
- They are too busy and have too many things to do to sit down and eat. Sitting down to eat is viewed as a waste of time.
- Their eating may be paired with another activity to be and feel like they are productive (TV, reading, meetings, etc.) and they may go long periods of time without eating.
- There are many sub-types of the unconscious eater.



What is your eating style?

4. The Waste-Not, Refuse-Not Unconscious Eater

- The trigger for these individuals is the presence of food or free food; they are vulnerable to candy jars, food at meetings or on the kitchen counter.
- They are susceptible to all-you-can-eat buffets and free food.
- They are not usually aware that they are eating or how much they are eating and are inclined to clean their plate and others' plates as well (eat children's or spouse's leftovers).



5. The Emotional Unconscious Eater

- The trigger for these individuals is uncomfortable emotions; they use food to cope with emotions especially uncomfortable ones such as stress, anger, and loneliness.
- They view eating as the problem, although eating is often the symptom of a deeper issue.



6. The Intuitive Eater

- The trigger for these individuals is biological hunger; they make food choices without experiencing guilt or an ethical dilemma.
- They honour their hunger, respect their fullness and enjoy the pleasure of eating



Honour your hunger

How to Honour Your Hunger:

- Begin to listen to the smallest noise or feeling that indicates that you are experiencing hunger, such as growling stomach, a slight headache, a lack of mental focus, grouchiness, lack of energy, etc.
- As soon as you recognize your biological hunger, make time to eat.
- If you neglect this most basic signal and get over-hungry, it will be very hard to identify what you really want to eat or when you've had enough. Experiment with beginning to eat at a 3 to 4 on the ***Hunger Discovery Scale (page 7)***.
- If you don't seem to experience hunger signals over long periods of time, you might want to try eating every three to four hours. Eventually, your body will get used to being fed regularly and will begin to provide you with dependable hunger signals.



- Keep in mind that if you are sick or stressed, hunger signals may be blunted. It's important to feed your body at these times, too, even if you do not feel the hunger.
- Be prepared – be sure to make time for meal planning, shopping for food, cooking or picking up pre-made food, and for gathering snacks or even meals to put in a lunch bag or to carry in your car. In this way, you show respect for your body's signals and can provide for your needs.



Feel your fullness

How?

- Pay attention to your body's fullness signals. But remember, the only way that you can do this is to give yourself the unconditional permission to eat. You must firmly believe that you will be able to eat again when you get hungry in order to be able to stop when you are full.
- Be sure to honour your hunger. If you are over hungry, your urgency to eat will cause great difficulty in recognizing your fullness signals. Equally, if you begin eating before true hunger arises, your fullness signals will be muted – you're likely to be guided by your mouth or taste instead of your stomach.
- Discard the notion that you must finish everything on your plate because you fear wasting food. Far more damage can be done to your body and emotions by eating extra food than by discarding it.
- Increase your consciousness in order to help identify satiety.
 - Try eating without distraction so that you can be fully present during your meal.
 - Pause in the middle of a meal or snack to take a time out to check your fullness level. This is not a commitment to stop eating but a commitment to check in with your body and taste buds.
 - Take a taste check—Ask, “How does the food taste? Does it meet my expectations? Is it satisfying my taste buds? Or am I continuing to eat just because it is there?”
 - Take a satiety check. Pay attention to the signals your stomach gives you to indicate that you're becoming full. Ask, “What is my hunger or fullness level? Am I still hungry? Is hunger going away? Do I feel insatiable? Am I beginning to feel satisfied?”
- Practice stopping at a level 6 or 7 on the ***Fullness Discovery Scale (page 10)***.
- Identify the ***Last Bite Threshold***. This is the endpoint. You know the bite of food in your mouth is the last. Don't worry if you can't do this at first – it will eventually become intuitive. If you feel disappointed that you have to stop at this point, remember, you can eat this food or another food again, when your hunger returns. Eating is actually more satisfying when you are comfortably hungry, rather than already full. You're giving yourself a gift by stopping now.
- Make a concrete statement to yourself that you've reached the threshold bite by putting your fork and knife on your plate or by moving your plate forward a little bit.

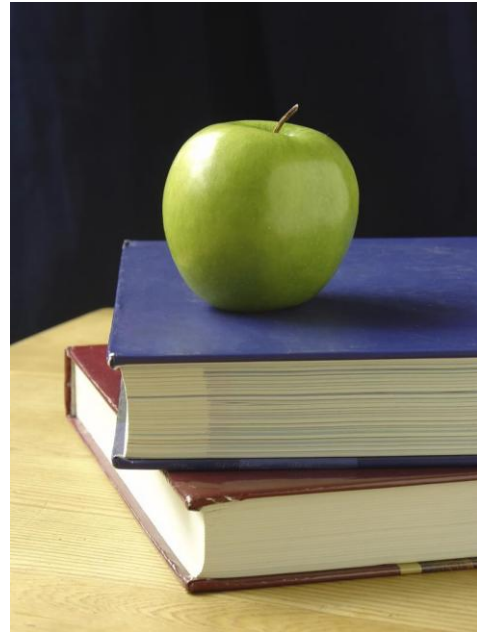


- Give your leftovers to the server to wrap up if you're at a restaurant or put them in the refrigerator if you're at home.
- Say "No thank you" firmly to your host or hostess if more food is being offered you. You have the right to decline.
- Make sure that you have plenty of food available for your meals. If you give yourself too little to eat, you'll never feel satisfied or full. You don't need "too much" food, but "too little" will sabotage this process.
- Select foods that have some substance. If you only choose "air foods," such as rice cakes and raw vegetables, you'll get a false sense of fullness, only to get hungry again much too quickly. Feed yourself "real food."



🍎 Intuitive Eating: A Revolutionary Program That Works – Elyse Resch & Evelyn Tribole

<https://www.intuitiveeating.org/>



To be completed this week:

- Practice using the Hunger and Fullness scales
- Bring a favourite food to our session next week