

Welcome to

# Intuitive Eating

Thames Valley Family Health Team  
Registered Dietitians

Adapted from Alberta Health Services Intuitive Eating Program

April 23, 2026



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Family Health Team

***This information is presented by Thames Valley Family Health Team health professionals and was developed based on the most up-to-date research.***

***We respect that everyone's journey is unique. Your health, history, and circumstances are all different.***

***If you have questions after attending one of our groups or viewing one of our videos, please reach out to a health professional.***

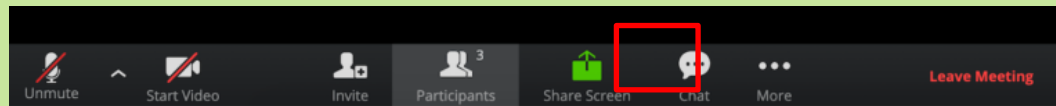
***If you do not have a nurse practitioner or family doctor, call 811 or visit <https://health811.ontario.ca/>.***



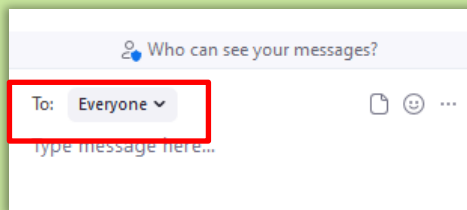
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# Zoom Features

- To ask a question, please use the Chat feature (found in the toolbar at the bottom; will open on right side of window).



- You can pose a question to the whole group or only to the facilitators by selecting your preference in the dropdown menu. We will answer your questions at the end of the presentation.



# 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



# Group Guidelines

- **Respect** – Please be respectful when others are speaking and remain open to multiple perspectives.
- **Sensitivity and Inclusivity** – Let's work together to ensure that all participants experience this group as a supportive and positive space.
- **Confidentiality** – Please don't share personal details about other group participants. Please avoid filming, recording or taking photographs or screen shots of class.
- **Call 2-1-1** if you become overwhelmed



# Group Handouts

- Throughout the presentation, you may see this symbol which indicates that you have either a specific handout or link related to that topic.



**= Handout**



# Intuitive Eating

## Week 1



# Introductions

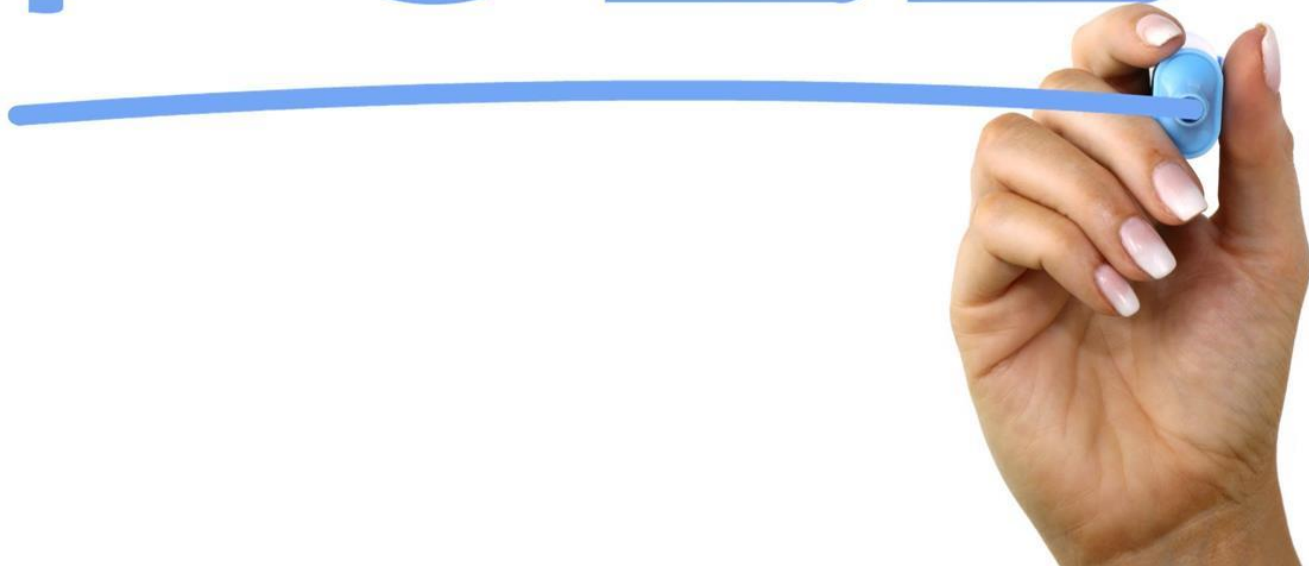


[KIMBERLY HANU GILL](#)



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POLL

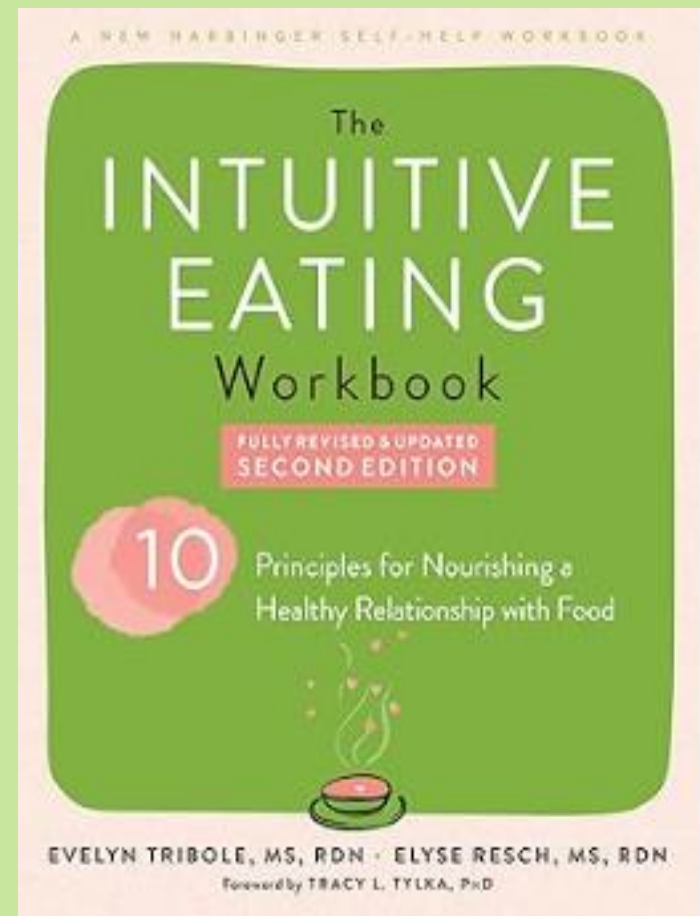
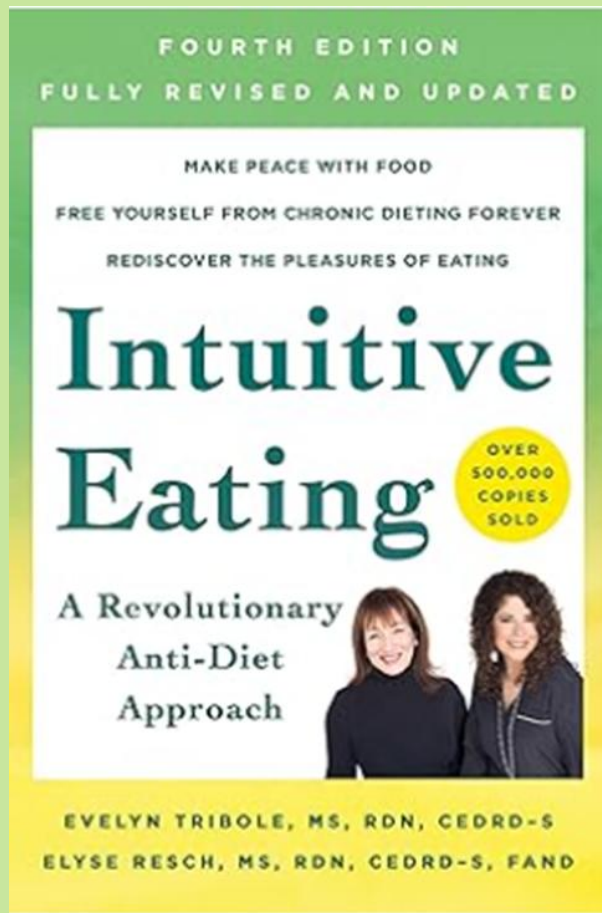


# How familiar are you with Intuitive Eating:

- Answer 1: I know nothing, tell me more.
- Answer 2: I've heard of it.
- Answer 3: I've started to work on the principles of Intuitive Eating, and I identify as an Intuitive Eater.



# Intuitive Eating Approach



# Intuitive Eating

- Is about gaining a deeper understanding of your body and responding to its internal cues.
- Inner wisdom (that we are born with) is often clouded by years of dieting and food myths.
- Intuitive Eating rejects dieting. It focuses on developing self-compassion and kindness on your journey to end the diet cycle.



# 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**



# **Reject the Diet Mentality**

## **Become an Intuitive Eater**

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# Dieter's Dilemma – a case study

- Chloe the Cat



ILLUMINATION PRESENTS

THE SECRET  
LIFE OF

PETS



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# What does the word diet mean to you?



# Becoming an Intuitive Eater

- How many times have you or someone in your family gone on a diet?
- Did you (or they) lose the weight?
- Did you (or they) gain some or all the weight back?
- Did you (or they) feel like they failed?



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# Becoming an Intuitive Eater

How would your life change if you worked on improving your relationship with food?



# Dieting is counterproductive...

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*The body will work hard to defend itself against weight loss:*



- change in hormones
- increased appetite
- decreases metabolism (burn fewer calories)

# Diets Don't Work

Have Our Attempts to Curb Obesity Done More Harm Than Good?

Monitoring Editor: Alexander Muacevic and John R Adler

*Why Popular Diets Don't Work: A Systemic Review and Implications for Educators*

Katherine Clavijo ✉ · B. Wu, MD, PhD

**Medicare's Search for Effective Obesity Treatments**  
*Diets Are Not the Answer*

By *John A. Jans, A. Janet Tomiyama, Erika Weeding, Ann-Marie Lew, Barbara Samuels, and Jason Chutkan*  
University of California, Los Angeles

**CONFRONTING THE FAILURE OF  
BEHAVIORAL AND DIETARY  
TREATMENTS FOR OBESITY**

David M. Garner  
Michigan State University

1/20/2026

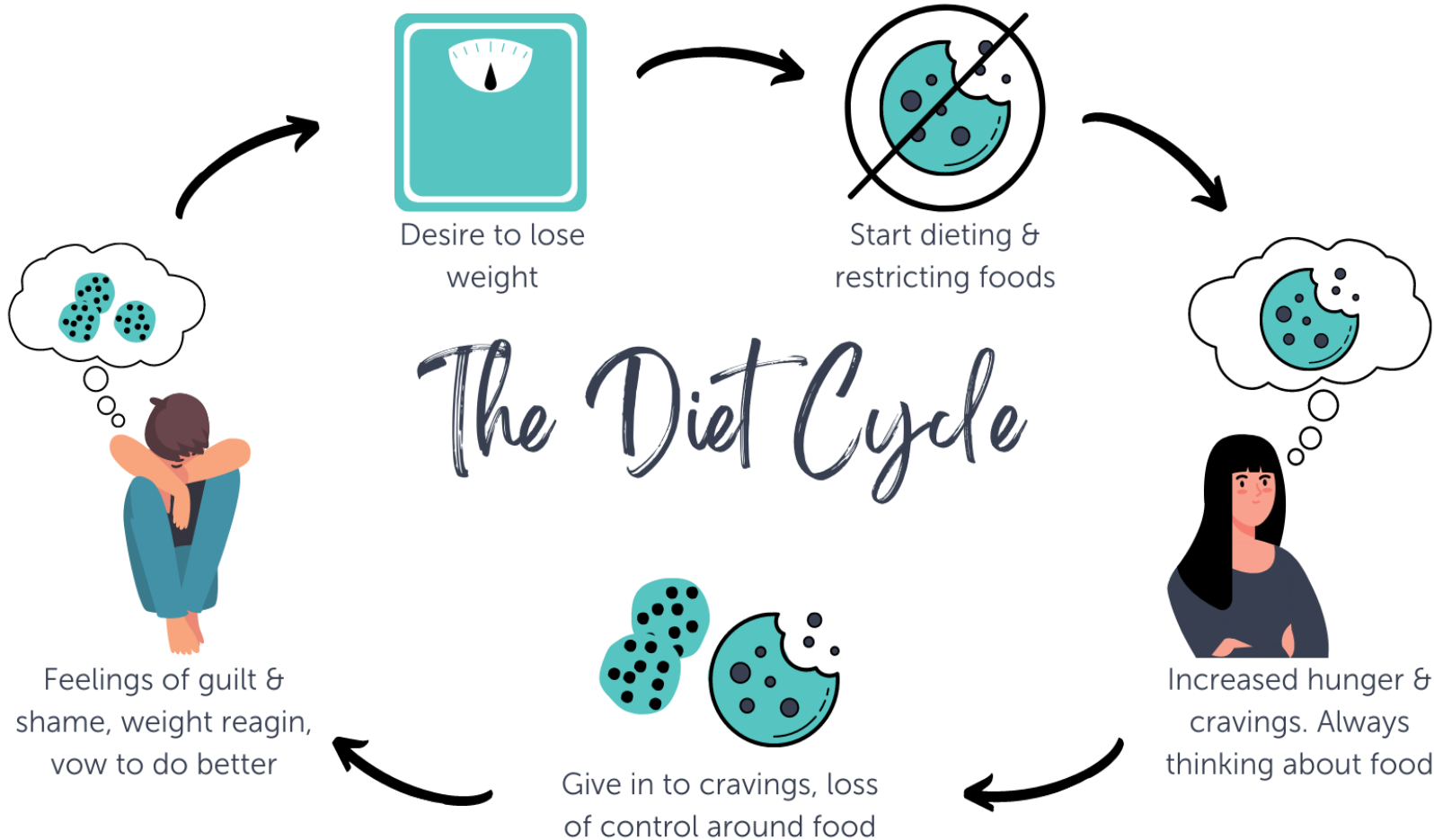


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# Rejecting the Diet Mentality

- Commit to quitting dieting—permanently
- Acknowledge the harm diets cause
- Challenge diet thinking: no willpower, no failure
- Ditch diet tools (scale, apps, books)
- Set food boundaries—only *you* decide
- Set body boundaries—stop weight/body talk
- Watch for rebellion or rule-following triggers
- Health ≠ weight loss; use a weight-neutral approach





# Potential Harm from Dieting

## Decreased:

- Metabolic rate
- Ability to sense fullness
- Confidence & self- trust with food
- Pleasure from eating

## Increased:

- Food cravings and binges
- Appetite
- Risk of:
  - Eating disorders
  - Heart disease
  - Premature death



# Intuitive Eating

## Associated with *Less*:

- Overweight and obesity
- Body dissatisfaction
- Symptoms of disordered eating
- Restrictive dietary behaviours
- Anxiety/stress and food concerns
- Emotional and binge eating



# Intuitive Eating

## Associated with *More*:

- Sustainable weight loss
- Positive body image
- Food variety
- Motivation to be physically active for pleasure
- General well-being



# Eating Styles



- Careful Eater
- Professional Dieter
- Unconscious Eater
- Waste Not, Refuse Not
- Chaotic
- Emotional
- Intuitive Eater





# What eating style do you MOST identify with?

- Answer 1: Careful Eater
- Answer 2: Professional Dieter
- Answer 3: Unconscious Eater
- Answer 4: Waste Not, Refuse Not
- Answer 5: Chaotic
- Answer 6: Emotional
- Answer 7: Intuitive Eater



# Reject the Diet Mentality

- "Throw out the diet books and programs that offer you the false hope of losing weight quickly, easily and permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight. If you allow even one small hope to linger that a new and better diet or food plan might be lurking around the corner, it will prevent you from being free to rediscover Intuitive Eating."
- Tribole and Resch, Intuitive Eating 2023
- [Evelyn Tribole Reject the Diet Mentality](#)



# Reject the Diet Mentality

- Do you think this is possible for you?
- What would be the most difficult or challenging?
- Would you trust yourself?
- How would friends/family react? Would they notice?



# Break

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# Honour Your Hunger



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# Our Basic Needs

- Sleep
- Water
- Air
- Food
- Warmth





# How often do you respond to your body's biological signals (sleep, thirst, hunger)?

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



# Sleep



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# Water



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# Honour Your Hunger



- How do you know when you are hungry?
- What signals do you use to determine when to eat?



# Hunger and Fullness Scale



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# Feel Your Fullness

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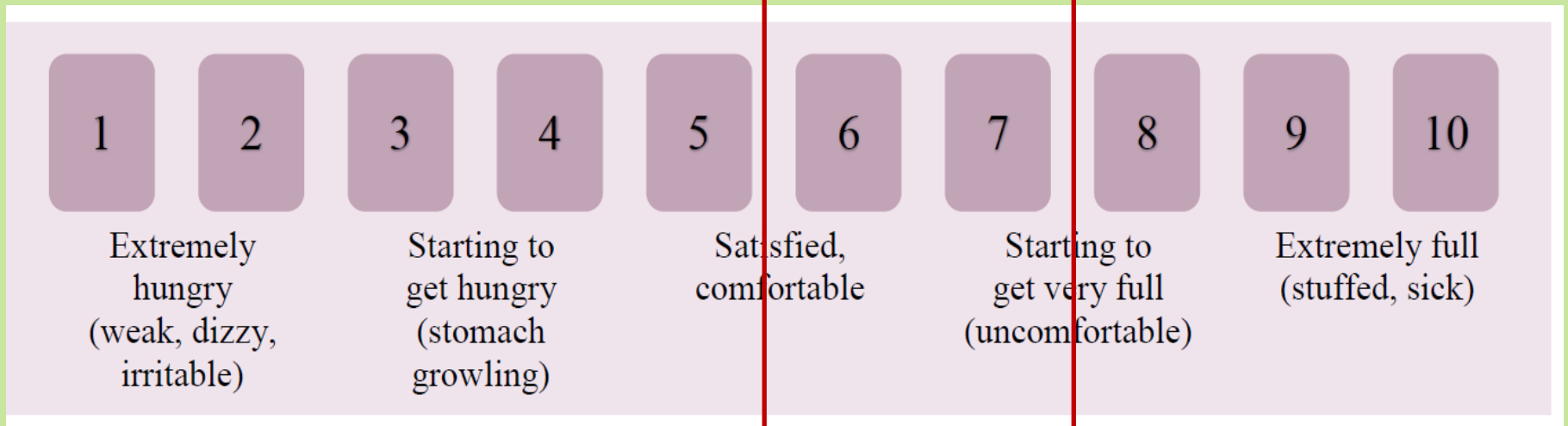
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# Feel Your Fullness

- How do you know when you are full?
- How does fullness feel?



# Hunger and Fullness Scale



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# Key Messages



- **Dieting can't fight biology:** it is a short-term form of starvation.
- **Intuitive eating is a journey.**
- **Listen to your body:** eat at the first sign of hunger, stop at the first sign of fullness.

# Activity



- Practice using the hunger and fullness scale.
- Bring a favourite food to our session next week.

# Intuitive Eating Book

We encourage you to:

- Read the *Intuitive Eating* book (4<sup>th</sup> edition) as well as the workbook to guide your journey



**Thank you!**

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