

BYU

Women's Services & Resources

INTUITIVE EATING

Intuitive Eating is an approach to eating that makes you the expert of your body and its hunger signals. It helps you create a healthy relationship with food where you know how to distinguish between physical and emotional feelings, and gain wisdom about your body. It is a process of making peace with food. It requires practice, where challenging history of chronic dieting or "healthy" rules about eating is needed so you can better trust your body with food.



HOW IT CAN HELP

Intuitive eating is an eating style that promotes a healthy attitude toward food and body image. The idea is that you should eat when you are hungry and stop when you are satisfied. To eat intuitively, you need to distinguish between physical and emotional hunger. Physical hunger is the biological message that you need to eat for more energy. It builds gradually and has different signals, such as growling stomach, fatigue, or irritability. It's satisfied when you eat food. When you start eating when you are comfortably hungry, it can help you stop eating when you are comfortably full. Emotional hunger is driven by emotional need. Boredom, stress, sadness, and loneliness are some of the feelings that can cause us to cope using food.

THE PRINCIPLES OF INTUITIVE EATING

1. REJECT THE DIET MENTALITY

Most diets fail and come at a huge cost to your body. Always watching for a "magic diet" will prevent you from being free to rediscover Intuitive Eating.

2. HONOR YOUR HUNGER

Rebuild trust with your body by being aware of when you are biologically feeling hungry and honoring these feelings by keeping your body fed with adequate energy.

3. MAKE PEACE WITH FOOD

Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation. These feelings may build into uncontrollable cravings and possible bingeing. Choose your food based on taste and how it makes your body feel.

4. CHALLENGE THE FOOD POLICE

Reject thoughts in your mind that say you're "good" for eating "healthy" food or "bad" for eating "unhealthy" food. Food and eating has no moral implications.

5. RESPECT YOUR FULLNESS

Take a moment to pause as you are eating and evaluate how you are feeling. Listen for the body signals that tell you that you are still hungry or that you are full.

6. DISCOVER THE SATISFACTION FACTOR

Focus your attention while eating. Be aware of the taste, look, smell, and texture of your food. Eating is meant to be a pleasurable experience. By providing this experience for yourself, you will find that it takes much less food to decide you've had "enough."

7. HONOR YOUR FEELINGS WITHOUT USING FOOD

Find ways to comfort, nurture, distract, and resolve your issues without using food.

8. RESPECT YOUR BODY

Accept your genetic blueprint and celebrate your uniqueness. It's hard to reject the diet mentality if you are unrealistic and overly critical about your body shape.

9. EXERCISE- FEEL THE DIFFERENCE

Focus on how it feels to move your body, rather than on the calorie burning effect of exercise. Do the type of exercise that you enjoy.

10. HONOR YOUR HEALTH- GENTLE NUTRITION

Make food choices that honor your health and your taste buds. You don't have to eat perfectly to be healthy. You will not get a nutrient deficiency or gain weight from one snack or one day of eating; it's what you eat consistently over time that matters. Progress is what counts, not perfection.

RESOURCES

WSR Nutrition and Wellness Consultations
wsr.byu/nutrition-wellness-consultations

BYU Campus Dietitian
dining.byu.edu/dietitian-services

The Body Project
Two-week program designed to empower women and develop healthy body acceptance
wsr.byu.edu

Intuitive Eating, Culture, and Body Image Class
STDEV 141R
Individual Development

The Center for Mindful Eating
thecenterformindfuleating.org

Intuitive Eating
intuitiveeating.org

Intuitive Eating
Evelyn Tribole MS, RD & Elyse Resch MS, RD

Anti-Diet
Christy Harrison, MPH, RD

More than a Body
Lindsay Kite, PhD & Lexie Kiet, PhD

Mindful Eating
Jan Chozen Bays, MD

Eat, Drink, and Be Mindful
Susan Albers, PhD

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