



# Intuitive Eating: Part 1

Body Brave February 2022



# Agenda

Welcome

Introductions

Group Norms

Intuitive eating: principles 1-5

Wrap Up & Questions





# Land Acknowledgement

# Introductions





# Group Norms

Confidentiality

Limit use of numbers

Non-diet approach

This is a pro-recovery  
space

Stay open-minded

Respect one another

A top-down view of a wooden desk. In the upper right, a portion of a white keyboard is visible. In the lower center, there is a white mug filled with a frothy, light-brown beverage. To the left of the mug, a white notebook with lined pages is open. In the top left corner, a pair of white earbuds lies on the desk. A dark teal rectangular box is centered over the image, containing white text.

**What are you hoping  
to learn today?**





**What about intuitive eating are you most interested in?  
Is there anything that worries you about the approach?**



# Intuitive Eating: What it is and isn't

## Intuitive eating involves:

- Ditching diets
- Eating what you want without judgement/guilt
- [Re]Discovering your body's hunger and fullness cues and using these as a guide to help you determine when and how much to eat
- Finding satisfaction in eating experiences
- Improving your relationship with food and your body

## Intuitive eating is NOT:

- A diet
- A strategy for weight loss
- An "all or nothing"/"one size fits all" approach, or something you need to implement all at once



# Intuitive Eating: The 10 Principles

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Discover the Satisfaction Factor
6. Feel Your Fullness
7. Cope with Your Emotions with Kindness
8. Respect Your Body
9. Movement – Feel the Difference
10. Honor Your Health – Gentle Nutrition



# **Reject the Diet Mentality**

- **Letting go of diets and pseudo-dieting**
  - Recognizing diets are a problem that cause harm
- **Learning to spot and reject diet culture**



# **Reject the Diet Mentality**

## **How you might apply this principle:**

- Working on catching diet mentality thinking or behaviours and identifying ways to shift away from these
- Getting rid of “dieting paraphernalia”
  - Scales, apps, books, items from programs you have tried, etc.
- Evaluating your social media feed



# Honor your Hunger

- Keeping your body biologically fed
- Learning your body's hunger cues
- Responding to hunger cues without judgement



# Hunger- Fullness Scale

0. Feeling ill, nauseous
1. Ravenous
2. Very hungry
3. Hungry
4. Starting to notice some signs of hunger
5. Neutral
6. Noticing some signs of fullness
7. Comfortably full
8. A bit too full-feeling a bit uncomfortable
9. Stuffed-feeling quite uncomfortable
10. Feeling ill, nauseous

# Honor your Hunger

- **NOT meant to be the hunger-fullness diet**
  - Practical hunger
  - We may eat for reasons other than physical hunger
- **\*Some individuals may not be able to rely on their body's cues around hunger and fullness**



# Honor your Hunger

## How you might apply this principle:

- Eating regularly throughout the day
- Giving yourself unconditional permission to eat more/more frequently based on your body's changing needs
- Eating your lunch an hour earlier than normal because you will be out during your normal lunch time

# Honor your Hunger

## How you might apply this principle:

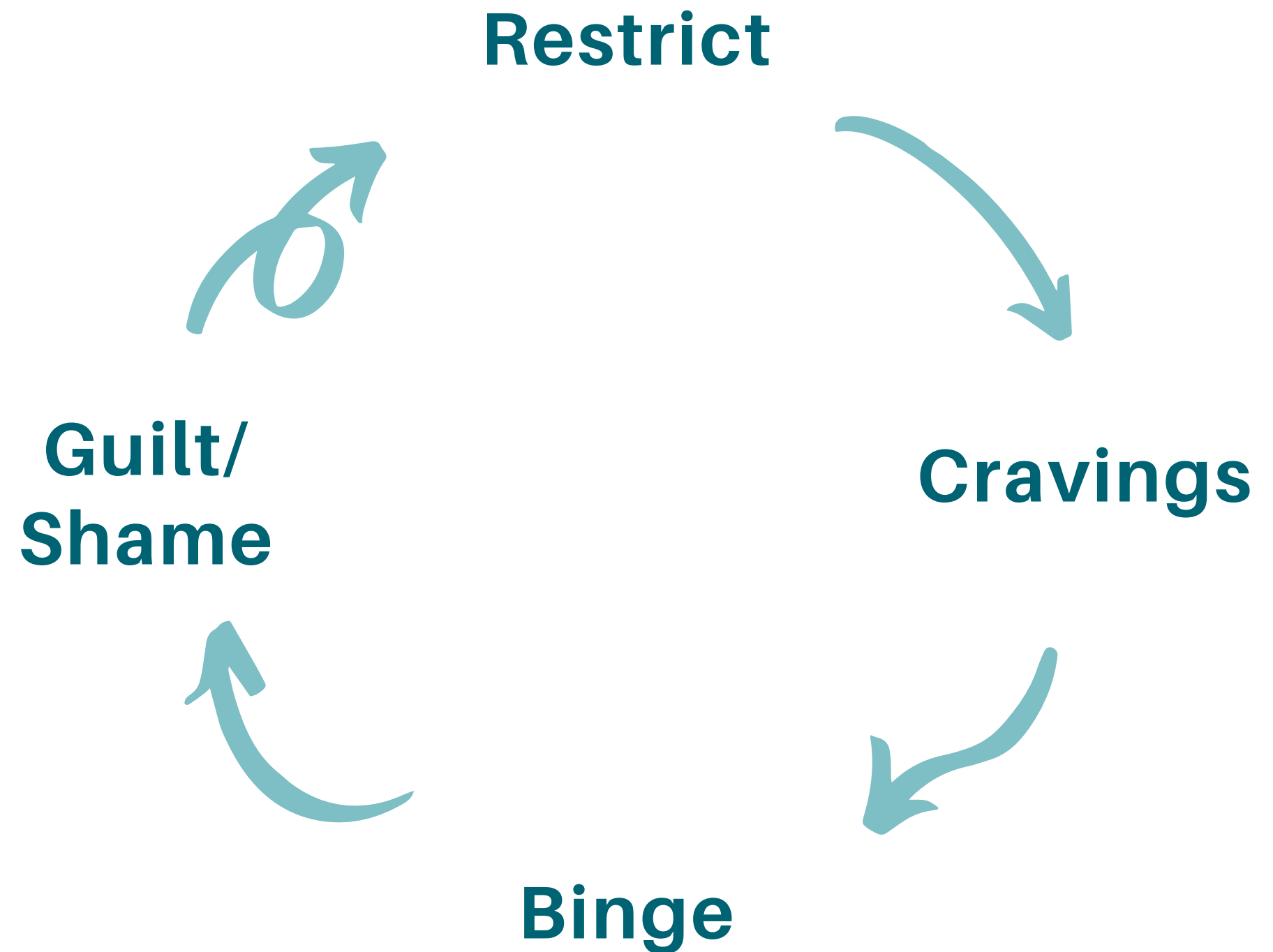
- Using the hunger-fullness scale as a learning tool
- Following your structured meal plan (temporarily or longer-term)



# **Make Peace with Food**

- **Giving ourselves unconditional permission to eat**
- **Avoiding labelling foods as “good”/“healthy” or “bad”/“unhealthy”**
- **Being present with and accepting of the food choices we have made**

# The Binge - Restrict Cycle





# **Make Peace with Food**

- **Fear often holds people back from giving themselves unconditional permission to eat**
- **You will reach a point of habituation eventually**

# **Make Peace with Food**

## **How you might apply this principle:**

- Make a list of forbidden foods and start giving yourself permission to eat these one-by-one
- Work on letting go of any labels of “good”/“healthy” or “bad”/“unhealthy” that you are assigning to foods



# Challenge the Food Police

## The food police:

- Is a voice that feeds off of dieting and food rules
- Judges your food choices as “good” or “bad”
- Reinforces food rules
- Keeps you at war with food and your body

# Challenge the Food Police

**In order to embrace intuitive eating, you need to learn to challenge/counter this voice.**

**How you might apply this principle:**

- Working on building awareness of/catching food police driven thoughts
- Work on your self-talk/ reframing distorted or “all or nothing” thoughts

# Challenge the Food Police

## Example

### Food police thought:

- “You already had a snack this afternoon. You shouldn’t be hungry right now. It isn’t time to eat again until dinner.”

### Re-framed thought:

- “I can eat as often as I need to in order to honour my body’s hunger. I am going to listen to my body’s wisdom and have a snack now.”



# Discover the Satisfaction Factor

- Eating what you truly want, and taking the time to enjoy this food in an environment that feels inviting/pleasant to you

# Discover the Satisfaction Factor

## How you might apply this principle:

- Eating what you truly desire
- Considering what contributes to your enjoyment of food (e.g. taste, texture, smell, temperature, etc.)
- Honouring your taste buds

# Discover the Satisfaction Factor

- Making the meal experience more enjoyable (when possible)
- Giving yourself time and a designated space to sit and be present while eating
- Consider your environment (e.g. Lighting, music, table settings)
- \*Eating a wide variety of foods



# Ultimately...

- **What principles you adopt and how you adopt them will look different from person to person**
- **It can take years to unlearn what diet culture has ingrained in us, and rejecting diet culture is an ongoing process**
- **However you proceed, be patient and compassionate with yourself throughout the process**









# Questions?



# References

The Original Intuitive Eatings Pros (2019). *10 Principles of Intuitive Eating*.  
<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Tribole, E., & Resch, E. (2012). *Intuitive Eating: A Revolutionary Program That Works* (3rd ed.). St Martin's Griffin.



# Thank You!

Please take a moment to complete our  
feedback survey

email: [info@bodybrave.ca](mailto:info@bodybrave.ca)