

INTUITIVE EATING

Intuitive eating is an approach that teaches you how to create a healthy relationship with your food, mind and body, where you ultimately become the expert of your own body's hunger and fullness cues.



INTUITIVE EATING PRINCIPLES

1. **Reject the Diet Mentality.** Throw out the diet books and magazine articles that offer you false hope of losing weight quickly, easily, and permanently. Diets interfere with intuitive eating.
2. **Honour Your Hunger.** Keep your body biologically fed with adequate energy and carbohydrates. Otherwise you can trigger a primal drive to overeat.
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 that build into uncontrollable cravings and, often, bingeing which can result in overwhelming guilt.
4. **Challenge the Food Police.** The Food Police monitor the unreasonable rules that dieting has created. Chasing the Food Police away is a critical step in returning to Intuitive Eating.

*Learn to respond to your inner body cues,
because you were born with all the wisdom
you need for eating intuitively.*

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- 5. Respect Your Fullness.** Listen for bodily signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of a meal and ask yourself how the food tastes, and what is your current fullness level?
- 6. Discover the Satisfaction Factor.** When you eat what you really want, in an environment that is inviting and conducive, the pleasure you derive will be a powerful force in helping you feel satisfied and content. 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. Food won't solve the problem. If anything, eating to meet an emotional need will only make you feel worse in the long run.
- 8. Respect Your Body.** Accept your genetic blueprint. It's hard to reject the diet mentality if you are unrealistic and overly critical about your body shape.
- 9. Exercise-Feel the Difference.** Forget militant exercise. Just get active and feel the difference. Find an activity you enjoy (it can be as simple as going for a brisk walk!)
- 10. Honor Your Health-Gentle Nutrition.** Make food choices that honor your health and taste buds while making you feel well. Remember that you don't have to eat a perfect diet to be healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters; progress not perfection is what counts.

Nutritional services are provided to individuals currently accessing BANA Clinical services and Health Promotion programs.

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