

10 PRINCIPLES OF **INTUITIVE EATING**

Nutrition Cheat Sheets

**A guidebook for practicing
food love and self-kindness**



10 PRINCIPLES OF INTUITIVE EATING

1. Reject The Diet Mentality
2. Honor Your Hunger
3. Make Peace With Food
4. Fight The Food Police
5. The Satisfaction Factor
6. Feel Your Fullness
7. Be Kind to Yourself (and how you feel)
8. Respect Your Body
9. Joyful Movement
10. Honor Your Body With Gentle Nutrition

Reject The Diet Mentality



**Get rid of diet advice, food plans
and false hopes:**

Toss the diet books and magazines

Unfollow diet influencers and hashtags

**You have unconditional permission
to eat whatever food you're craving.
No strings attached.**

Get angry at diet culture!

- ***You are not a failure*** because a diet stopped working
- ***You are not a failure*** because you regained weight after ending a diet
- ***You are not a failure*** if you decide to never diet again



Reject The Diet Mentality Check-In



Write down 3 places you get diet advice that make you judge your body.

- 1.
- 2.
- 3.

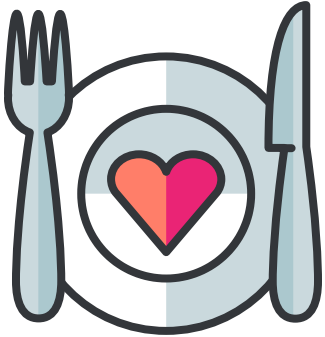
Write down 3 social media accounts or influencers you've been following that make you feel stressed out or anxious about food or your body.

- 1.
- 2.
- 3.

Find 3 social media accounts that you can follow instead that make you feel good about your body and your food choices.

- 1.
- 2.
- 3.

Honor Your Hunger



Avoiding excessive hunger helps avoid a hunger intensity you cannot control

CONSCIOUS EATING

- Practice trusting your body's **physical hunger signals**
- Take food risks when you're **not feeling vulnerable**

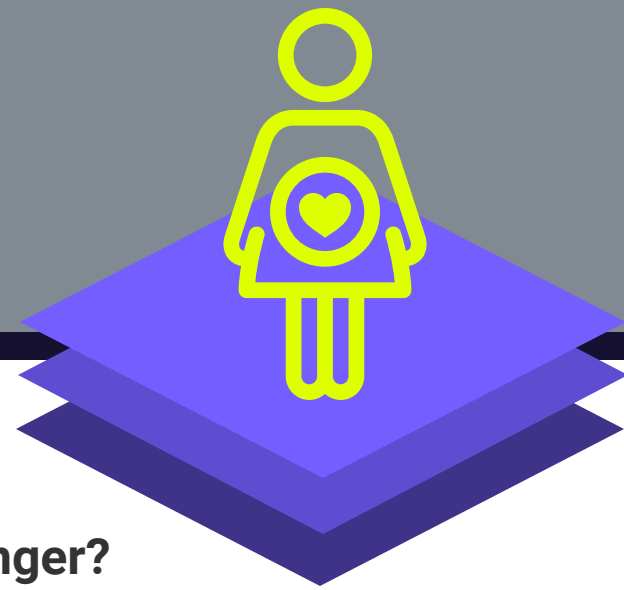
STAYING WELL FED

- **Eating balanced meals** helps avoid reaching the point of excessive hunger
- **Carbs, protein and fat** are all part of balanced meals

Get to know the difference between physical hunger + emotional hunger



Honor Your Body Check-In



Are you feeling any signs of physical hunger?

HUNGER CUES

Shaky	Nauseous	Headaches	Extra salivation
Fatigue	Poor focus	Growling stomach	Low energy

Is your hunger coming from an emotional place?

INTENSE FEELINGS

Anger	Sadness
Stress	Anxiety

SUBTLE FEELINGS

Boredom	Disappointment
Emptiness	Fatigued

What kind of hunger are you feeling?

Physical hunger

Emotional hunger

Make Peace With Food



You have full license to enjoy all the foods that you love

Avoiding your favorites can lead to intense feelings and uncontrollable cravings

Uncontrollable cravings can lead to bingeing and overwhelming guilt

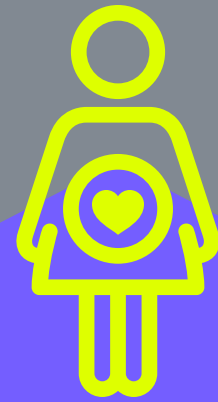
No food is bad food. Nothing is off limits.

Practice conscious eating to help manage cravings

- 1. Avoid excessive hunger** to limit a hunger intensity that's hard to control
- 2. Practice trusting** your body's hunger signals
- 3. Take food risks** only when you're not feeling vulnerable



Make Peace With Food Check-In



When's the last time you ate when you began to feel hungry?

When's the last time you gave yourself permission to eat exactly the food you were craving?

List all the foods you restrict or avoid and rank them from **SCARY** to **NOT SCARY**:

-
-
-
-
-
-
-

Pick 1 of these scary foods. 2 hours after a meal, find a calm place and eat as much of this food as you like.

Fight The Food Police

Notice Unreasonable Rules and Impossible Standards

- **Good Food vs Bad Food** like low cal or sugar-free vs carbs and desserts
- **Success vs Failure** based on what you've eaten, not how you feel
- **External vs Internal Meal Schedule** time of day vs how hungry you are



**Remove all judgments
about your food choices**

What you eat doesn't
define you as good or bad

Put eating fears and thoughts into context

- **Make observations, not judgements**
- **Remember the bigger picture**
- **Speak a loud NO whenever voices of judgment,
fear and failure pop up**



Fight The Food Police Check-In



Have you made any food decisions or had any food cravings today that you judge as bad?

Reframe that food choice to remove all judgement.

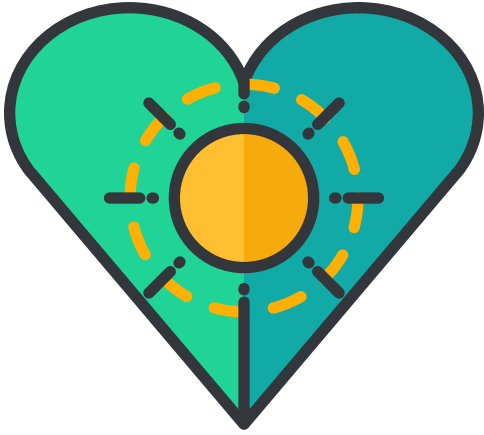
(Think: It satisfied a craving, I'm no longer hungry, it was delicious and I liked it!)

Did you stumble into any interactions that triggered the food police to show up? *(Think: Social media posts, conversations with friends or family, non-verbal experiences)*

When was the last time you felt ready to eat but didn't think it was the right time?

What can you do or change the next time you have a craving to help feel empowered and confident, instead of a failure or guilty?

The Satisfaction Factor



Without pleasure from our meals, it's a whole lot harder to feel satisfied after eating

Savor flavors | Pick foods you love

Share meals with people you love

Find the pleasure in all experiences, including food time

Check your environment - Is it inviting? Calm? Stressful? Sad?

Check your hunger level - Starving? Ready to eat? Not hungry?

Check your cravings - What do you want to eat? What will hit the spot?

Check your feelings - Excited? Anxious? Guilty?

Check your post-meal satisfaction level - Is there anything you're craving?

Weight is not a behavior

There's no judgement in feeling satisfied



The Satisfaction Factor Check-In



What foods do you find yourself craving?

When's the last time you gave into a food craving? What was the food?

How were you physically feeling when you ate that food you were craving?

Starving! I couldn't stop eating it because I was so hungry.

Not hungry. I wasn't ready for a meal, but I ate enough of it to satisfy, without stuffing me.

Hungry enough. I ate some before/during/after my meal and it really hit the spot.

Uncomfortably full. I knew I was full when the craving hit, but I still ate it until I was most full.

What was the best part of giving into that craving?
What was the hardest part?

Feel Your Fullness

Listen to your body before you eat, while you eat and after you eat

- Evaluate your level of fullness at each stage of a meal
- Remember to eat before you're excessively hungry, when you're more sensitive to your body's hunger signals

**Think About How Full You Are,
While You Eat**

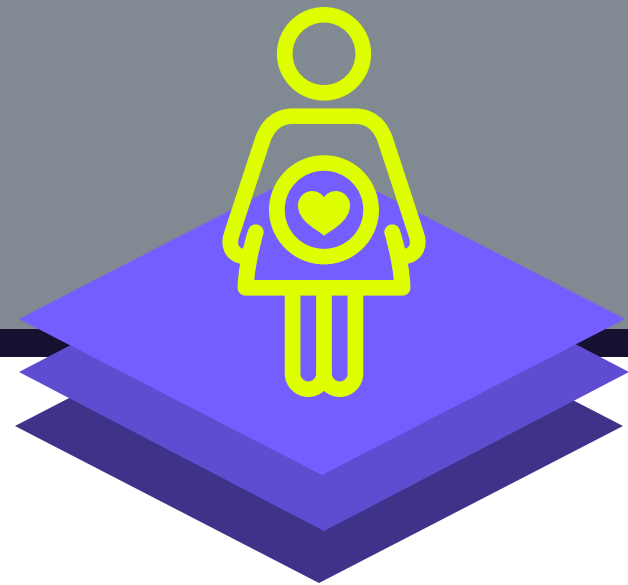
Meals are a time to savor your food and find pleasure in the moment

- Skip the electronics and screens
- Sit down and get comfortable
- Slow down and enjoy each bite of food like it was your first

**Trust yourself to honor both
your cravings + your fullness**



Feel The Fullness Check-In



3 Ways to Feel the Fullness:

Practice one at your next meal

1

3 BITE METHOD

BITE 1: How do you feel about this food: Does it taste good? Is it exactly the taste you were craving? Do you dislike anything you've tasted so far?

BITE 2: Mid-meal, pause again and do the same thing while checking for signs of fullness: Are you still enjoying the food? How hungry are you?

BITE 3: The final bite, rate your fullness: Are you still hungry? Satisfied? Stuffed? Do you still crave something?

2

FORK DOWN, SLOW DOWN

Put the fork (or sandwich, or spoon) down between each bite.

Practice keeping food out of your hands until you're ready to take another bite. This slows our eating down, allowing for our body to more easily recognize signs of fullness.

3

THE OTHER HAND TRICK

Eat with the hand you never eat with. Instead of grabbing snacks or using a fork with your dominant hand, try using the other hand to force you into focusing a little more on each bite.

Be Kind To Yourself

(and how you feel)

Restricting what you eat can trigger a sense of loss of control

That intense emotion can lead to emotional eating



All foods are emotionally equivalent Guilt and shame don't have to be part of the meal

Intense emotions we can feel anytime

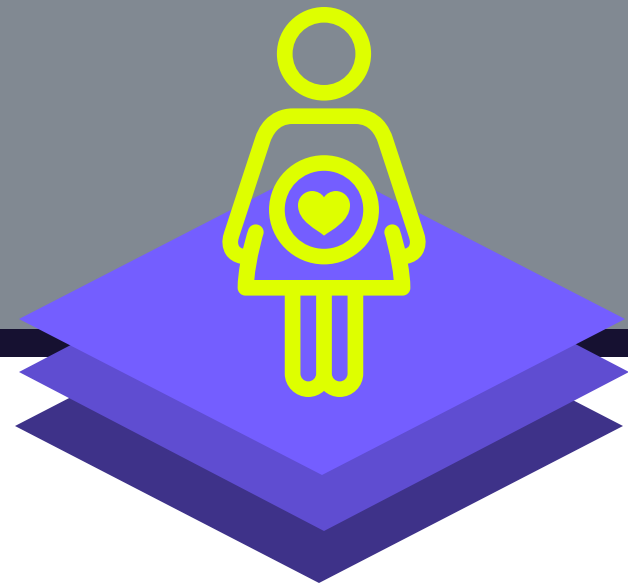
Anxiety | Loneliness | Boredom | Anger

Everyone eats for comfort sometimes - and that's ok

The power is in giving yourself permission to satisfy your cravings, even if it's for an emotional reason



Be Kind To Yourself Check-In



Think about the last time you ate in a way that made you feel shame, guilt, or badly about yourself.

What emotions were you feeling that day, before you started eating? Do you know where those feelings came from? Have they happened before?

Who do you talk to when you're starting to feel overwhelmed with intense emotions? Who would you like to talk to?

Think about what triggers each emotion. Think of 3 new ways to deal with each emotional trigger that is gentle and kind to yourself.

- 1.
- 2.
- 3.

Respect Your Body

Your body Deserves Dignity and Love

**Be gentle with yourself, your
feelings and your food cravings**

Your body is strong and beautiful

You deserve to enjoy your food

**Your food choices today, don't
define your health tomorrow**

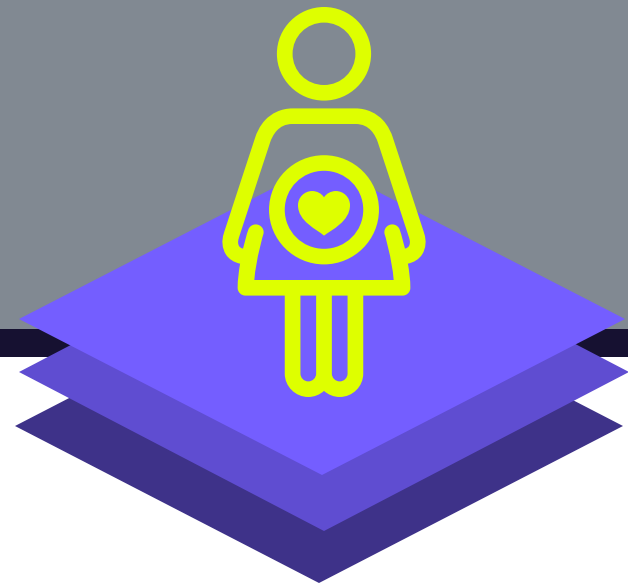
**The size of your body
has nothing to do with
the state of your health**

- The number on a scale doesn't rank you as good or bad
- How you feel in your clothes is way more important than their size

**Your genetic blueprint
doesn't define your
worth.** Your body size
doesn't determine
your health.



Respect Your Body Check-In



Which people in your life or who do you see in the media who love their body, without judgement?

Name 3 things that person does or ways they act that you would love to be able to do too:

- 1.
- 2.
- 3.

What would it look like to have a day, free of personal body judgment, food police and constant food ranking?

Joyful Movement

You're more likely to keep up with something you like,
than something you feel obligated to do

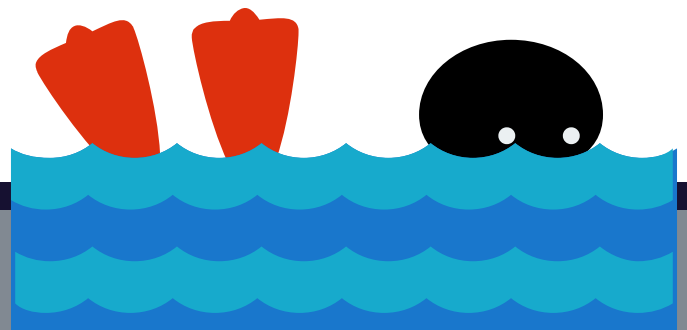


Forget hardcore exercise routines. Just start moving.
Every bit counts.

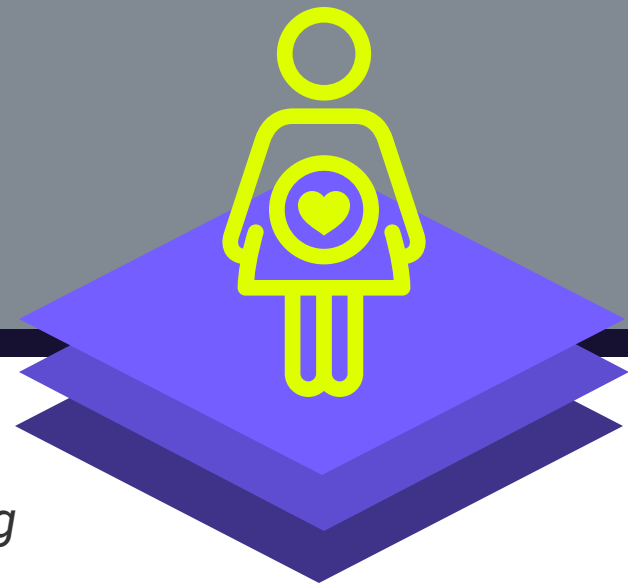
Stress relief | Energizing + blood circulation | Better focus

Meditation counts too!

- Meditation helps quiet an active mind the way exercise can help relax an anxious body
- With a quiet mind, we can focus on how we feel, what makes us happy - and filter out those things that don't



Joyful Movement Check-In



If a jog, some yoga or a hardcore kickboxing class doesn't sound right, try one of these:

Simple Stretching

- Stand straight up with soft knees and hands by your sides
- Lift arms up and over your head
- Reach straight up, feeling the stretch from your lower back through your shoulders and into your fingertips
- With arms still over your head, bend at the waist and bring your arms down to the floor, bending your knees as needed
- Roll your back up slowly to a count of 10 until you're standing again straight with your arms at your sides

Easy Meditation and Body Scan

- Sit or lay on your back somewhere quiet, calm and comfortable
- Take a few deep inhales and slow exhales to get started
- Begin to breath at a rhythm that feels normal
- Check in with your entire body, starting at the top of your head and moving slowly down your face through your neck, across your chest and your arms to your fingertips, down your belly, across your legs, and through your toes
- Notice any stress or tension anywhere in your body, take a deep inhale and slow exhale, and then move on
- Finish with another few deep inhales and slow exhales
- Slowly get up do a quick, gentle stretch

Honor Your Health With Gentle Nutrition

There are no good or bad days, no good or bad foods,
no good or bad eating behaviors

There's no success or failure in food choices



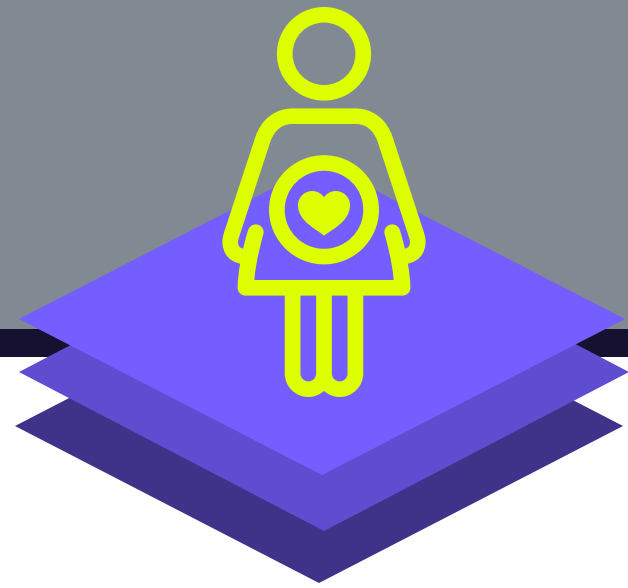
Find success in making food
choices that **honor your health**

AND your appetite

Healthy eating and good nutrition is all about the long game. It's not about what you ate today. It's about what you're eating regularly, over time.



Honor Your Health Check-In



Describe your perfect meal. A meal that would meet every craving, lead to complete satisfaction, and make you feel great when you were finished.

Imagine how you're feeling sitting down to that meal. Imagine eating every bite of it. Now imagine you're sitting back with a smile on your face.

You feel full, but not stuffed. You feel satisfied, without guilt. You feel like you've given your body the energy and nutrients that it needed, and you've shown your body the love and respect you deserve.

Smile. You've just been very good to yourself.