

INTUITIVE EATING PRINCIPLES

Fueled By FLIK

What Is Intuitive Eating?

It is an approach to eating that promotes a healthy attitude towards food and body image.

Reject the diet mentality. Reject that idea that you must diet to lose weight, get rid of all books, articles, etc that offer false hope of losing weight fast.

Honor Your Hunger Listen to your body's hunger cues. When you are starving and hangry, you are more likely to overeat.

Make peace with food Calltruce; stop the food fight. Depriving yourself from eating certain foods leads to uncontrollable cravings, caving in and overeating then guilt.

Challenge the food police

There are no "good" or "bad" foods and you are not good or bad because of your food choices. Silence your internal food police that says hopeless phrases and makes you feel guilty over your food choices.

Discover the satisfaction factor

Pleasure and satisfaction can be found in our eating experience. When you eat in a positive environment you can enjoy your food and feel satisfied and content

Feel your fullness

Listen to your body's cues for comfortable fullness. Pause in the middle of eating and ask yourself how food tastes and what your hunger level is.

Cope with your emotions with kindness

Food won't solve any feelings of anxiety, loneliness, boredom and anger. Find ways to deal with an emotion outside of food.

Respect your body

There is no perfect size, everyone's body is unique. Respect your body so you feel better about who you are.

Movement- Feel the difference

Stop viewing exercise as calorie burning and fat loss instead focus on how exercise makes you feel energized

Honor your health- gentlenutrition

Make food choices that honor your health, taste buds, and make you feel good. Fuel your body. Progress not perfection is the goal