

Intuitive Eating

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About Me

I'm a
Registered
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I graduated
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I'm currently
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I work as a
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Disclaimer

- This presentation is intended for informational purposes only.
- This is not meant to replace or substitute for personal nutrition recommendations.
- If you have specific questions regarding yourself or a client, please contact me directly.
- I cannot provide individual recommendations in this session.



**New Year,
New You?**

What do you think I'm
here to talk about
today?



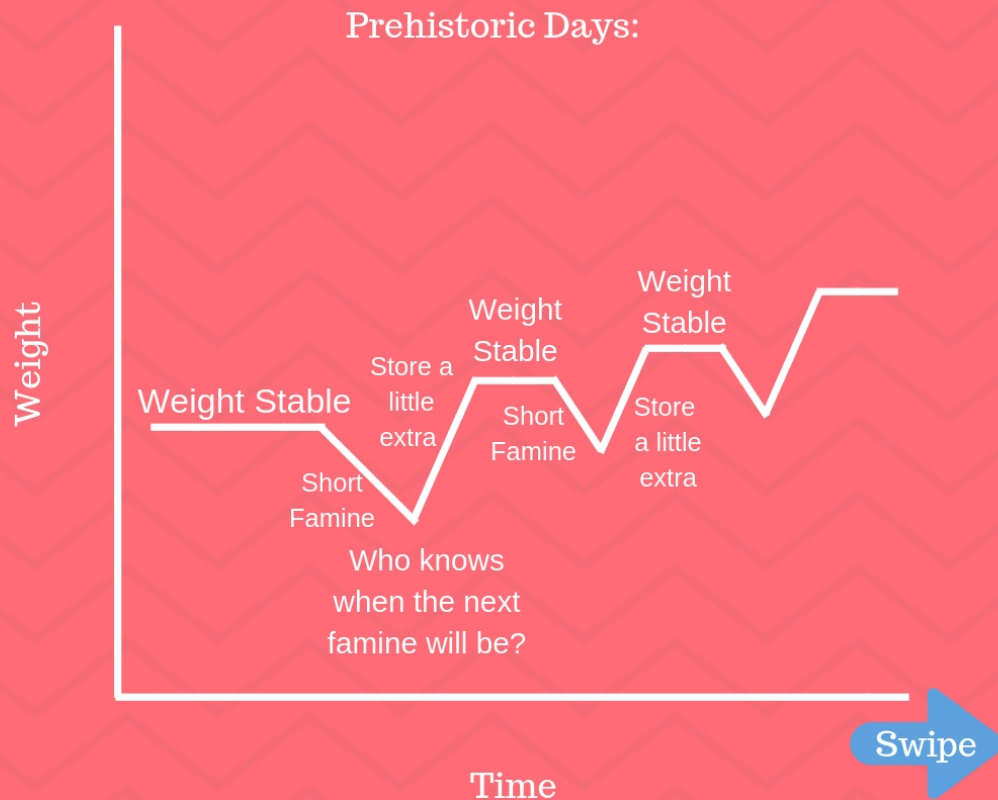
**What does intuitive eating
mean to you?**

Evidence That Diets Do Not Work

- 95% of diets don't work???
- Studies show that 85% of people regain weight in one year, more at 2nd year follow-up (Wing, 2005).
- For the people who do maintain weight loss, at what cost? Are they obsessively counting calories? Any other "dieting" behaviors?
- In studies with the Health at Every Size model, physiological & psychological measures and health practices improved. Also, this model had much lower dropout rates (Salas, 2015).

Evidence That Diets Do Not Work

Diets and Metabolism

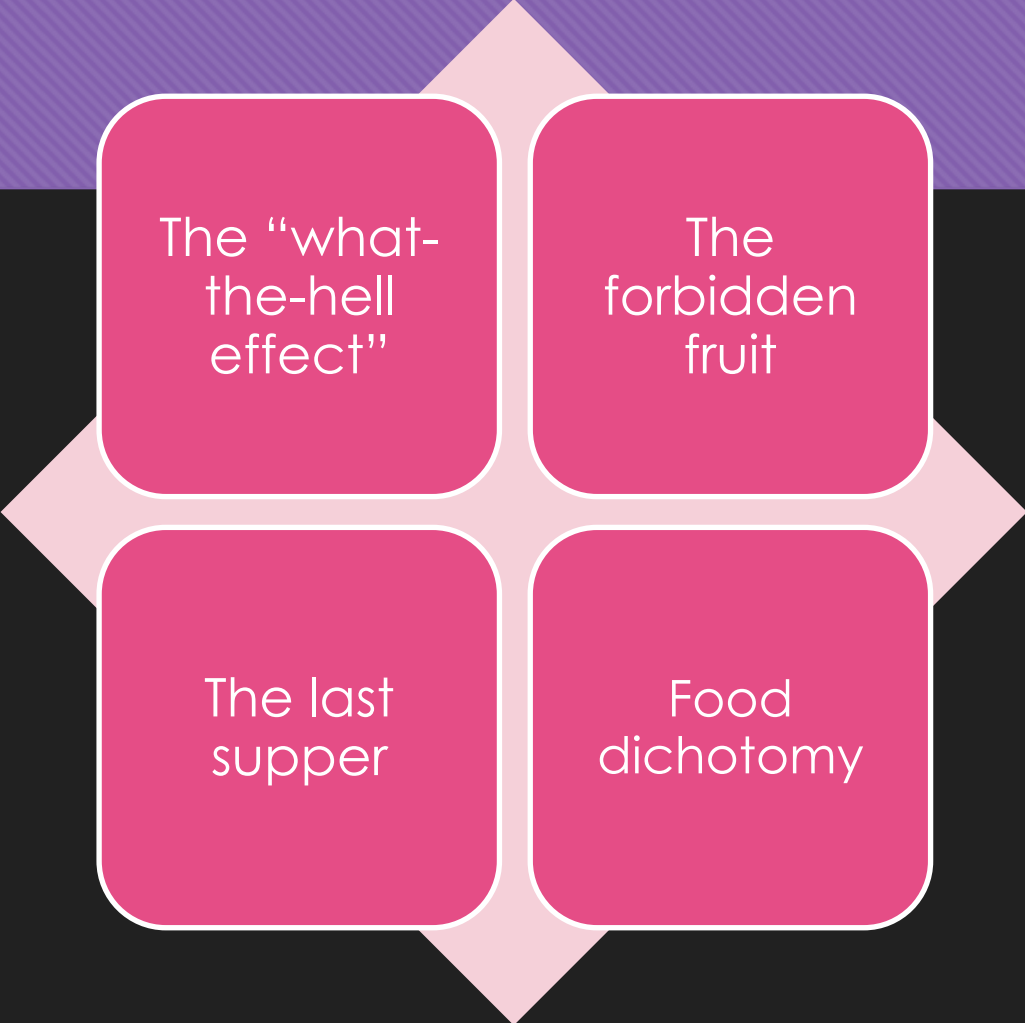


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Diets and Metabolism



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The “what-
the-hell
effect”

The
forbidden
fruit

The last
supper

Food
dichotomy

Weight Loss Head Games

What do we focus on?

Reject the dieting mentality.



If we're not focusing on losing weight, what are we doing?

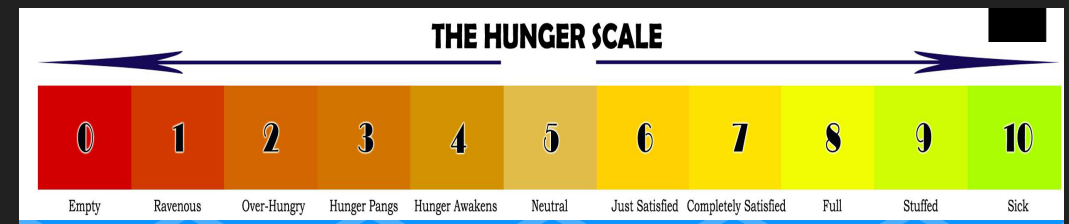
Reject the Diet Mentality

- First and most important principle.
- Accept the fact that fad diets do not work.
- Get angry at the fact that diets give you false hope.



- Listen to your body!
- Keep yourself fed with enough calories and carbohydrates. Otherwise you might trigger overeating.
- Start eating at about a 3 or a 4 on the hunger scale, stop at about a 7.
- Trust your biological hunger signals.

Honor Your Hunger





Make Peace with Food

- "Give yourself unconditional permission to eat."
- Allow yourself to have your "forbidden foods". If they are available whenever you want them, you will instinctually eat less.
- Trust yourself!

Challenge the Food Police

- Get rid of the idea of "good" and "bad" foods.
- Don't allow yourself to feel guilty for occasionally indulging in a "forbidden food".



- Take a "time out" midway through your meal. Ask yourself if you are still eating because you are still hungry or if you are eating because food is in front of you.
- Listen to your body when you start to feel less and less hungry.
- Slow down the speed at which you eat, if needed.



Respect Your Fullness

Discover the Satisfaction Factor



- Eat foods that you like! You have nutrition knowledge and you've tried new foods. Take this new knowledge and enjoy foods that satisfy you.
- When you eat what you really want, it takes much less to be satisfied and content.

Honor Your Feelings Without Using Food



- Loneliness, anxiety, etc. are normal feelings. Learn to cope with them without using food.
- Food is not a long-term solution to our feelings.

- Accept your size. Stop being overly critical about your body shape or size.
- Respect your body so that you can feel comfortable about who you are.
- Find things you like about yourself (like your eyes). Give yourself a compliment!



Respect Your Body



Exercise – Feel the Difference

- Instead of focusing on the calorie-burning effect of intense exercise, focus on what makes you feel good.
- Exercising and moving because it feels good is a lot more motivating than exercising to lose weight.



- Gentle nutrition – Apply your nutrition knowledge!
- You don't have to eat perfect for every meal to be healthy, but remember that long-term eating is what matters.
- Remember what foods make you feel the best and make food decisions based on this.

Honor Your Health

Resources

Health at Every Size

- *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight.* By Linda Bacon and Lucy Aphramor.
 - <https://amzn.to/2GUuGlc>
- *Health At Every Size: The Surprising Truth About Your Weight.* By Linda Bacon.
 - <https://amzn.to/2EWOZMJ>

Intuitive Eating

- *Intuitive Eating: A Revolutionary Program That Works.* By Evelyn Tribole and Elyse Resch.
 - <https://amzn.to/2rZCnfn>
- *The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food*
 - <https://amzn.to/2RonYaV>
- <http://www.elyseresch.com>
- <https://www.evelyntribole.com>
- <https://www.intuitiveeating.org>

Podcasts

- The Love Food Podcast – Julie Duffy Dillon, RD
- Food Psych Podcast – Christy Harrison, MPH, RD, LD
- Body Kindness – Rebecca Scritchfield, RDN

Sources

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