

Why is it important? Having a healthy relationship with food will allow you to get more satisfaction from eating. It will also help to prevent disordered eating, reduce anxiety that may be food related, and can help you maintain a healthy body weight. How can I build a healthy relationship with food? Learning to listen to your body's inner signals (such as hunger and fullness) is a great place to start. The following are 10 principles of Intuitive Eating.

## ***Intuitive Eating***

### **# 1: Reject the Diet Mentality**

Most diets fail and come at a huge cost to your body. Always watching for a "magic diet" will prevent you from being free to rediscover Intuitive Eating.

### **#2: Honor Your Hunger**

Rebuild trust with your body by being aware of when you are biologically feeling hungry and honoring these feelings by keeping your body fed with adequate energy.

### **#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. These feelings may build into uncontrollable cravings and possible bingeing. Choose your food based on taste and how it makes your body feel.

### **#4: Challenge the Food Police**

Reject thoughts in your mind that say you're "good" for eating "healthy" food or "bad" for eating "unhealthy" food. Food and eating has no moral implications.

### **#5: Respect Your Fullness**

Take a moment to pause as you are eating and evaluate how you are feeling. Listen for the body signals that tell you that you are still hungry or that you are full.

### **#6: Discover the Satisfaction Factor**

Focus your attention while eating. Be aware of the taste, look, smell, and texture of your food. Eating is meant to be a pleasurable experience. 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.

### **#8: Respect Your Body**

Accept your genetic blueprint and celebrate your uniqueness. It's hard to reject the diet mentality if you are unrealistic and overly critical about your body shape.

### **#9: Exercise – Feel the Difference**

Focus on how it feels to move your body, rather than on the calorie-burning effect of exercise. Do the type of exercise that you enjoy.

### **#10 – Honor Your Health – Gentle Nutrition**

Make food choices that honor your health and your taste buds. You don't have to eat perfectly to be healthy. You will not get a nutrient deficiency or gain weight from one snack or one day of eating; it's what you eat consistently over time that matters. Progress is what counts, not perfection.



## ADDITIONAL RESOURCES

[thecenterformindfuleating.org](http://thecenterformindfuleating.org)  
[intuitiveeating.com](http://intuitiveeating.com)  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)  
[centerforchange.com](http://centerforchange.com)  
[healthservices.byuh.edu/health-and-wellness](http://healthservices.byuh.edu/health-and-wellness)

### **Seasider Wellness**

free gym tours, wellness coaching, and personal training sessions  
[seasiderwellness.as.me](http://seasiderwellness.as.me)

### **WSR Consultation**

free nutrition consultations  
 (808) 675-3024  
[wsr@byuh.edu](mailto:wsr@byuh.edu)

### **Counseling Services**

(808) 675-3518  
[counselingservices@byuh.edu](mailto:counselingservices@byuh.edu)