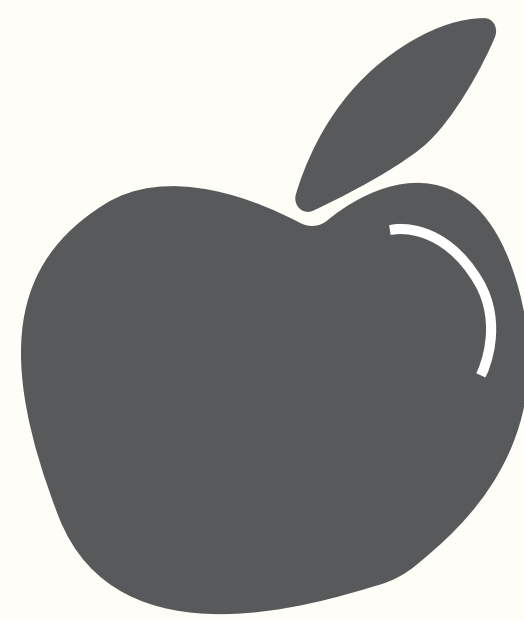
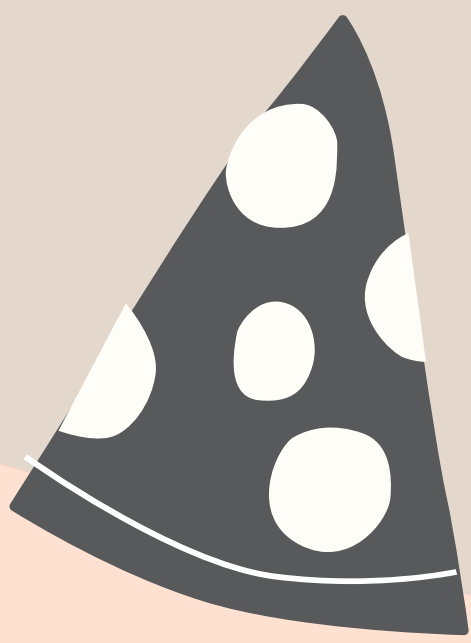


THE INTUITIVE EATER

A GUIDE TO INTUITIVE EATING



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WHAT IS INTUITIVE EATING?

Intuitive eating (IE) is a philosophy of eating that makes you the expert of your body and its physical hunger cues. The idea is simple – you eat when you're hungry and stop when you are full.

To eat intuitively, you need to distinguish physical and emotional hunger.

PHYSICAL HUNGER

This biological urge tells you to replenish nutrients. It builds gradually and has different signals, such as a growling stomach, fatigue, or irritability. It's satisfied when you eat any food.

EMOTIONAL HUNGER

This is driven by emotional need. Sadness, loneliness, and boredom are some of the feelings that can create cravings for food, often comfort foods.

IE is guided by physical hunger and satiety cues, as well as the rejection of restrained eating and the labeling of foods as "good" or "bad." It is unconditional permission to eat, with curiosity and non-judgement, allowing an individual to make peace with food, remove the emotional power of food, and learn to feel safe around ALL foods.

IE is connected to body appreciation, healthy attitudes toward food and body image, better psychological health, and improvements in self-esteem and overall quality of life.



"Eat when you're hungry and stop when you're full"

Sounds easy. But the IE the process and learning to trust yourself and your body again, can be very challenging.

Did you know that we are born as intuitive eaters? And if diets don't work, why isn't it common knowledge? Why are there still so many popping up? And why do we still follow them?

DIET CULTURE

Diet culture is system of beliefs that focuses on and values weight, shape, and size over well-being. Variations of diet culture include rigid food rules and restrictive diets that claim to "be in the name of health" but are actually about weight and size.

DIET CULTURE:

- 1 Worships thinness and equates it to health, which means you can spend your life thinking you're irreparably broken just because you don't look like the impossibly thin "ideal."
- 2 Promotes weight loss as a means of attaining higher status, which means you feel compelled to spend a massive amount of time, energy, and money trying to shrink your body
- 3 Demonizes certain ways of eating while elevating others, which means you're forced to be hyper-vigilant about your eating, ashamed of making certain food choices, and distracted from your pleasure, your purpose, and your power.
- 4 Oppresses people who don't match up with its supposed picture of "health," which disproportionately harms women, femmes, trans folks, people in larger bodies, people of color, and people with disabilities, damaging both their mental and physical health.

Who is ready to ditch diet culture with me?

10 GUIDING PRINCIPLES ON INTUITIVE EATING

These 10 principles are intended to help you break down your restrictive diet cycles and food rules, and get back in touch with your body's natural signals around food.

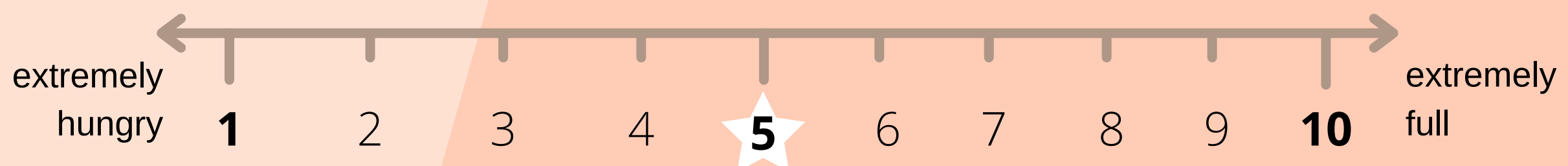
1. **Reject the diet mentality**
2. **Honour your hunger**
3. **Make peace with food**
4. **Challenge the food police**
5. **Respect your fullness**
6. **Discover the satisfaction factor**
7. **Honour your feelings without using food**
8. **Respect your body**
9. **Exercise – feel the difference**
10. **Honour your health – gentle nutrition**

To learn more, check out "[The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food](#)" by Evelyn Tribole!

HUNGER & FULLNESS CUES

HUNGER CUES

The hunger scale is a great tool for determining whether you are truly hungry and needing to eat. Think of a hunger like a scale from 1 to 10. 1=extremely hungry, 10 = extremely full, 5 or 6=comfortably full (satisfied), and > 4=time to eat!



FULLNESS CUES

Get in touch with what "pleasantly full," feels like for you.
Some fullness cues to pay attention to may be:

- Your stomach feels comfortable, not over-stuffed or empty
- Your thoughts are not centered around food
- You can focus on tasks
- You feel less "hangry," and may even feel relaxed or energized

EATING MINDFULLY

Mindful eating and intuitive eating go together; when you increase your recognition of physical hunger and fullness cues, you can distinguish between emotional hunger and physical hunger.

Mindful eating is a technique that uses mindfulness to help you pay full attention to your experiences, cravings, and physical cues when eating. By eating mindfully, you reach a state of full attention and slow down, making eating an intentional act.

To get more in tune with your hunger and fullness cues, try practicing mindfulness! Sit somewhere without any distractions and concentrate on how your body (especially your stomach) feels. Asking yourself these questions is a great way to start practicing mindful eating:



Are my energy levels low?
Does my stomach feel empty?

Is my stomach rumbling?

When was the last time I had something to drink?

INTUITIVE EATING TIPS & EXERCISES

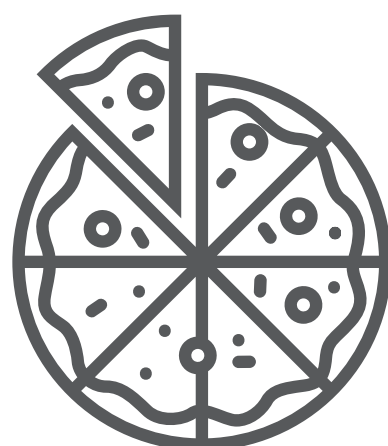
Your eating environment and mindfulness is a critical part of the intuitive eating process.

Try this simple question & answer exercise to examine your eating habits:

1. How long does it usually take me to eat a meal?
2. When I eat, do I recall the sensory properties of the foods I've eaten?
3. Am I chewing my food thoroughly before swallowing?
4. When I am at work, where do I usually eat my meals and snacks?
5. When I am at home, where do I usually eat my meals and snacks?
6. Am I distracted by technology during mealtimes?
7. Do I intentionally make time for meals and snacks?
8. Do I clear my plate, even when I feel too full?
9. What modifications can I make at home, work, and/or school to make to provide a more pleasant eating environment?

TIPS FOR INTUITIVE & MINDFUL EATING

- Eat slowly and chew thoroughly
- Engage your senses by noticing colours, smells, sounds, textures & flavours
- Eliminate distractions (phone, TV)



- Assess your hunger levels every few bites, & stop eating when you're full
- Choose whatever food(s) are calling to you
- Focus on how the food makes you feel