
Principles of Intuitive Eating

Reject the diet mentality

Diets don't work and have been shown to cause harm.

Honor your hunger

Listen to your body. It will let you know when it's time to eat.

Make peace with food

Restriction leads to overeating and guilt. Allow yourself to eat and enjoy all foods.

Challenge the food police

There's no such thing as good or bad foods. No one food or meal will make or break your health.

Respect your fullness

Your body will tell you when its comfortably full and satisfied.

Discover the satisfaction factor

You have the right to pleasurable and satisfying meals free of guilt.

Honor your feelings with kindness

Consider exploring different ways to cope with difficult emotions besides food.

Respect your body

Accept and appreciate your body for all that it does for you.

Move in ways that are enjoyable and feel good

Engage in regular movement that you enjoy to promote your overall health and well-being.

10. Honor your health with gentle nutrition

Respect your body. Your health matters. Choose nutritious foods as well as fun foods to nurture your mind and body