

NUTRITION EMPOWERED
NUTRITION COUNSELING

*Putting the Power of Eating
Back into Your Hands*

Intuitive Eating, Explained

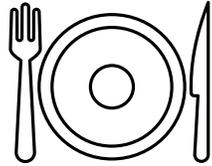
ADAPTED FROM "INTUITIVE EATING" BY
EVELYN TRIBOLE & ELYSE RESCH

WRITTEN BY



COLLEEN BAILEY, MS, RDN, LD &
JORDAN OUELLETTE, MS, RDN, LD

What is Intuitive Eating?



OUR DEFINITION:

- A RESEARCH-BASED GUIDE TO FOOD FREEDOM, ORIGINALLY WRITTEN BY TWO DIETITIANS, EVELYN TRIBOLE & ELYSE RESCH
- A WAY OF EATING THAT INCORPORATES MINDFULNESS & RESPECT FOR YOUR BODY TO HELP YOU DETERMINE HOW TO EAT

WHY IT'S HELPFUL:

- IT “NORMALIZES” YOUR EATING (THINK, HOW YOU ATE AS A TODDLER)
- IT PUTS THE POWER OF EATING BACK INTO YOUR HANDS
- IT HELPS YOU FEEL ENERGIZED BY EATING FOODS THAT FUEL YOU, WHILE NOT RESTRICTING YOU FROM FUN FOODS

FRIENDLY REMINDER:

- THESE PRACTICES AREN'T GOING TO HAPPEN OVERNIGHT, AND THAT'S 100% OK
- TRUST YOUR GUT (ACTUALLY)
- USE EACH CHALLENGE AS AN OPPORTUNITY TO LEARN MORE ABOUT YOURSELF

Intuitive Eating, Explained



PRINCIPLE 1

LET GO OF DIET CULTURE

WHAT DOES THIS MEAN?

- RELEASE ANY RULES AND RESTRICTIONS AROUND FOOD
- STOP LETTING EXTERNAL CUES (A DIET, MY FITNESS PAL, ETC.) DETERMINE WHAT, WHEN & HOW MUCH YOU SHOULD EAT

WHERE DO I BEGIN?

- REMOVE DIET TOOLS (TRACKING APPS, THROW OUT THE SCALE, STOP MEASURING YOUR FOOD, CLEAN UP SOCIAL MEDIA, ETC.)
- DON'T LOOK UP CALORIES & ORDER WHAT YOU WANT AT RESTAURANTS
- STOP LOOKING AT THE NUTRITION FACTS LABEL

FRIENDLY REMINDER:

- THIS CAN BE SCARY AT FIRST, BUT IS SO REWARDING AND FREEING ONCE YOU LET GO
- START OFF SMALL, SUSTAINABLE CHANGES TAKE TIME

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AN INTRO TO PRINCIPLES 2 & 3

The Hunger-Fullness Scale



1 Starving

2 Hangry

3 Stomach Growling

4 Slightly Hungry



5 Neutral

6 Satisfied

7 Pleasantly Full

8 A Little Too Full



9 Uncomfortably Full

10 Painfully Stuffed

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PRINCIPLE 2

RECOGNIZE YOUR HUNGER & ACT

WHAT DOES THIS MEAN?

- LISTEN TO PHYSICAL SIGNS OF HUNGER, AND RESPECT THEM BY EATING
- USE THE HUNGER/FULLNESS SCALE TO GUIDE YOU
- AIM TO EAT AROUND A 3 OR 4 ON THE HUNGER SCALE

WHERE DO I BEGIN?

- RECOGNIZE DIFFERENT TYPES OF HUNGER:
 - EMOTIONAL HUNGER- HUNGER IN YOUR MIND BECAUSE YOU HAVE AN EMOTIONAL NEED NOT BEING MET
 - PHYSICAL HUNGER- HUNGER IN YOUR STOMACH BECAUSE YOU HAVEN'T EATEN ENOUGH

FRIENDLY REMINDER:

- IT'S OK IF YOU'RE HUNGRIER TODAY THAN YOU WERE YESTERDAY
- GIVE YOURSELF GRACE WITH EMOTIONAL EATING (USE IT AS A LESSON TO LEARN HOW ELSE YOU CAN COPE WITH EMOTIONS)

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PRINCIPLE 3

RESPECT YOUR FULLNESS

WHAT DOES THIS MEAN?

- LISTEN TO PHYSICAL SIGNS OF FULLNESS, AND PAUSE WHILE EATING
- YOU HAVE PERMISSION TO EAT AGAIN, EVEN IF IT'S ONLY 30 MINUTES LATER
- RECOGNIZE WHAT A 7 ON THE FULLNESS SCALE FEELS LIKE & TRY TO STOP EATING

WHERE DO I BEGIN?

- SLOW DOWN EATING, RECOGNIZE WHAT COMFORTABLE FULLNESS FEELS LIKE & HONOR THAT FULLNESS BY STOPPING
- GIVE YOURSELF PERMISSION TO HAVE MORE IF YOU'RE STILL HUNGRY LATER
- REMEMBER, GUILT ISN'T AN INGREDIENT

FRIENDLY REMINDER:

- WHEN YOU PAUSE YOUR EATING, ASK YOURSELF: DOES THIS STILL TASTE AS GOOD AS IT DID WHEN I STARTED? IF I KEEP EATING, HOW WILL I FEEL?



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PRINCIPLE 4

GIVE YOURSELF PERMISSION TO EAT

WHAT DOES THIS MEAN?

- ALLOW YOURSELF TO EAT BY HONORING HUNGER AND FULLNESS CUES
- WHEN YOU GIVE YOURSELF FULL PERMISSION TO EAT, YOU SEE FOOD FOR WHAT IT TRULY IS: FOOD (NO MORAL VALUE ATTACHED!)

WHERE DO I BEGIN?

- EAT WHEN YOU'RE HUNGRY, PERIOD
- ALLOW YOURSELF TO EAT AS MUCH OF THE PREVIOUSLY "OFF LIMIT" FOODS AS YOU WANT
- CONSIDER THE SOURCE OF YOUR HUNGER, AND USE IT AS A LESSON TO LEARN WHAT YOUR BODY TRULY NEEDS

FRIENDLY REMINDER:

- IT'S NORMAL TO OVEREAT THE PREVIOUSLY "OFF LIMIT" FOODS AT FIRST
- YOU'LL LIKELY GET TIRED OF THEM THE MORE YOU EAT THEM
- NOTICE HOW THEY MAKE YOU FEEL

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PRINCIPLE 5

CONFRONT THE GOOD VS BAD CRITICS

WHAT DOES THIS MEAN?

- FOOD CRITICS CAN EXIST BOTH IN YOUR MIND AND IN THOSE AROUND YOU, TELLING YOU WHAT, HOW MUCH, AND WHEN TO EAT
- EATING “GOOD” FOOD DOESN’T MAKE YOU A BETTER PERSON & EATING “BAD” FOOD DOESN’T MAKE YOU A BAD PERSON

WHERE DO I BEGIN?

- INTERNAL CONFRONTATION: STOP MENTALLY LABELLING FOOD AS “GOOD” OR “BAD”
- EXTERNAL CONFRONTATION: ASK OTHERS NOT TO COMMENT ON YOUR OWN OR ANYONE ELSE'S FOOD CHOICES (EXPLAIN YOUR GOALS & EDUCATE ON THE IMPLICATIONS OF ATTACHING MORAL VALUE TO FOOD)

FRIENDLY REMINDER:

- IT’S IMPOSSIBLE TO CONFRONT EVERYONE ACTING AS THE FOOD POLICE
- IT’S OK IF THIS DOESN’T COME NATURALLY TO YOU AT FIRST



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PRINCIPLE 6

REDISCOVER JOY IN EATING

WHAT DOES THIS MEAN?

- FOOD SHOULD TASTE GOOD
- REMOVE THE GUILT YOU FEEL FOR LIKING FOOD, OR EATING YOUR FAVORITE FOODS
- FOOD CAN FUEL YOUR BODY AS WELL AS YOUR SOUL

WHERE DO I BEGIN?

- EAT WHAT SOUNDS GOOD, REGARDLESS OF CALORIES
- REMOVE THE NARRATIVE THAT SATISFYING FOOD IS “UNHEALTHY”
- YOU’RE LESS LIKELY TO EMOTIONALLY EAT IF YOU’RE SATISFIED FROM YOUR MEAL BOTH PHYSICALLY AND MENTALLY

FRIENDLY REMINDER:

- ALL FOODS NOURISH YOU IN SOME WAY
- KNOW THAT YOU’RE MAKING THIS DECISION OUT OF SELF RESPECT TO IMPROVE YOUR RELATIONSHIP WITH FOOD

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PRINCIPLE 7

DEVELOP NEW EMOTIONAL OUTLETS

WHAT DOES THIS MEAN?

- EMOTIONAL EATING IS WHEN YOU'RE EATING DUE TO EMOTIONS, NOT PHYSICAL HUNGER
- IT'S NOT INHERENTLY BAD, BUT IT'S IMPORTANT TO FIND OTHER OUTLETS
- IT'S OK TO EAT PAST YOUR FULLNESS

WHERE DO I BEGIN?

- ASK YOURSELF, IS THIS PHYSICAL OR MENTAL HUNGER?
- FIND SHORT TERM HELP: A GENTLE WALK, CHILD'S POSE, TALKING TO A LOVED ONE, LISTEN TO A COMEDY PODCAST, ETC.
- FIND LONG TERM HELP: THERAPY, HOBBIES, MEDICATION, ETC.

FRIENDLY REMINDER:

- EVERYONE'S A LITTLE DIFFERENT IN HOW THEY COPE WITH EMOTIONS
- FIND WHAT WORKS FOR YOU
- IT WON'T GO AWAY OVERNIGHT



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PRINCIPLE 8

TREAT YOUR BODY WITH KINDNESS

WHAT DOES THIS MEAN?

- ACKNOWLEDGE WHAT YOUR BODY LOOKS LIKE, WHAT IT CAN DO, AND SPEAK ABOUT IT WITH APPRECIATION
- RECOGNIZE HOW IT BENDS & FOLDS
- REMEMBER THAT YOUR BODY HAS GOTTEN YOU THROUGH EVERY STAGE OF LIFE

WHERE DO I BEGIN?

- GIVE YOUR BODY A BREAK WHEN IT ASKS FOR REST OR MOVE WHEN IT FEELS GOOD
- CHOOSE THE TYPES AND AMOUNT OF FOOD YOUR BODY IS ASKING FOR
- EVEN WHEN YOU LET YOUR EMOTIONS DRIVE YOUR EATING, REFLECT & LEARN FROM THE EXPERIENCE

FRIENDLY REMINDER:

- RESPECTING YOUR BODY DOESN'T MEAN YOU HAVE TO LOVE EVERYTHING ABOUT IT 24/7
- BE PATIENT WITH YOURSELF ON DAYS WHEN YOU DON'T FEEL AS CONFIDENT

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PRINCIPLE 9

MINDFUL MOVEMENT

WHAT DOES THIS MEAN?

- RECOGNIZE THE INTERNAL CUES YOUR BODY GIVES YOU FOR WHEN, HOW LONG, AND IN WHAT WAY YOU SHOULD MOVE YOUR BODY
- THE BEST MOVEMENT IS THE ONE THAT YOU ENJOY, AND MAKES YOU FEEL ENERGIZED RATHER THAN EXHAUSTED

WHERE DO I BEGIN?

- ALL MOVEMENT CAN BE GOOD IF IT FEELS RIGHT TO YOU
- REST IS EQUALLY AS IMPORTANT
- IF YOU HATE GOING TO THE GYM, DON'T GO
- THE WORLD IS YOUR OYSTER: YOU CAN WALK YOUR DOG, HIKE, SWIM, PLAY TENNIS, ETC.

FRIENDLY REMINDER:

- MOVEMENT CAN BE GOOD FOR US, PHYSICALLY AND MENTALLY, TO A POINT
- GIVE YOURSELF A REST DAY, WEEK, OR MONTH IF YOU NEED IT TO RECOVER



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PRINCIPLE 10



NUTRITION MATTERS

WHAT DOES THIS MEAN?

- INTUITIVE NUTRITION MEANS YOU FUEL YOURSELF WITH NUTRIENTS TO FEEL GOOD
- CONSIDER WHAT YOU CAN ADD, RATHER THAN RESTRICT TO INCREASE SATIETY
- PREVIOUSLY "OFF LIMIT" FOODS MIGHT HAVE VITAL NUTRIENTS YOU WERE MISSING

WHERE DO I BEGIN?

- IF YOU FEEL SLUGGISH AFTER A MEAL: WHAT WAS MISSING? HOW MUCH IS TOO MUCH?
- IF YOU FEEL ENERGIZED AFTER A MEAL: WHAT FOODS DID YOU INCLUDE? WERE YOU HONORING YOUR FULLNESS?
- VARIETY IN MACROS (CARBS/FATS/PROTEINS) & MICROS (VITAMINS/MINERALS) ARE IMPORTANT

FRIENDLY REMINDER:

- TAKE NOTES ON HOW FOODS MAKE YOU FEEL PHYSICALLY
- USE NUTRITION TO EXPAND YOUR INTUITIVE EATING JOURNEY RATHER THAN AS MORE "RULES"

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DISCLAIMER



THIS GUIDE IS ADAPTED FROM FROM THE ORIGINAL "10 PRINCIPLES OF INTUITIVE EATING" BY EVELYN TRIBOLE & ELYSE RESCH AS AN INTERPRETATION OF THEIR ORIGINAL WORK.

THIS AND/OR INTUITIVE EATING IS NOT A REPLACEMENT FOR TALKING TO A DIETITIAN OR OTHER PROVIDER AND RECEIVING MEDICAL NUTRITION THERAPY.

WE RECOMMEND TALKING TO YOUR MEDICAL PROVIDERS (DOCTORS, DIETITIANS, THERAPISTS, ETC.) FOR TREATMENT AND GUIDANCE.

THIS SHOULD SERVE ONLY AS A GENERAL GUIDELINE FOR INTUITIVE EATING AND SHOULD NOT BE USED FOR TREATMENT OF CHRONIC DISEASES, EATING DISORDERS, MEDICAL MANAGEMENT OF WEIGHT LOSS, ETC.

NUTRITION EMPOWERED IS NOT RESPONSIBLE FOR ANY OUTCOME OR ADVERSE EFFECT OF DIET CHANGES MADE USING THIS GUIDE.



Shish Kebabs

**COLLEEN BAILEY (LEFT) &
JORDAN OUELLETTE (RIGHT)**

**REGISTERED
DIETITIANS
FOOD FANATICS
INTUIVE EATERS**

**PRE- & POST-
NATAL
NUTRITION**

