

A Quick Guide to Intuitive Eating

WHAT IS INTUITIVE EATING?

Intuitive eating is an approach to eating that emphasizes listening to your body's natural hunger and fullness cues rather than following diet restrictions.



BENEFITS

- Improved relationship with food
- Reduced feelings of guilt & shame around eating
- Enhanced body satisfaction & self-acceptance
- Better digestion & energy levels
- Greater overall well-being & joy in eating

TIPS FOR GETTING STARTED

- Eat when you're hungry!
- Pay attention to your body's signals of fullness.
- Focus on health rather than reaching a specific weight.
- Choose physical activities that feel good to you, rather than focusing on calorie burn.
- Make food choices that nourish your body and satisfy your taste buds.
- Keep a food journal to track how foods make you feel.



RESOURCE:  evelyntribole.com/resources/intuitive-eating-resources/