

# REJECT THE DIET MENTALITY

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## Principle 1 of Intuitive Eating

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### How to become an intuitive eater

Intuitive eating advocates for a healthy relationship with food, mind and body. If you have been a chronic dieter or you have struggled with your relationship with food, this approach is for you. Intuitive eating is about helping you re-discover the satisfaction with eating. You will be able to feel and listen to your appetite signals, listen and trust your body's cues, move in ways that you enjoy and help you find the weight that is right for you.

The intuitive eating approach was developed in 1995 by 2 dietitians in the US, Evelyn Tribole and Elyse Resch. It is an approach that works and is backed by more than 90 research studies to date. To find out more, check out [www.intuitiveeating.org](http://www.intuitiveeating.org) or read their book (Intuitive Eating by Evelyn Tribole and Elyse Resch).

*Next month's  
newsletter*

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**Principles 2 & 3  
of Intuitive  
eating:  
Honour your  
hunger & Make  
peace with food**



## There are 10 principles to intuitive eating

1. Reject the diet mentality
  2. Honour your hunger
  3. Make peace with food
  4. Challenge the food police
  5. Feel your fullness
  6. Discover the satisfaction factor
  7. Cope with your emotions without using food
  8. Respect your body
  9. Exercise – feel the difference
  10. Honour your health – Gentle Nutrition
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***Today we're going to look at Principle 1:***

***Reject the diet mentality***

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## Reject the diet mentality

I already talked about why diets don't work in my last newsletter, but here are the facts:

- 90-95% of all diets fail
- dieting increases your chances of gaining more weight
- when you diet, your body goes into starvation mode: appetite increases, food tastes even better, you get cravings, you find yourself eating, binging, and being preoccupied with food
- dieting hurts psychological well-being. It sets you up to fail when in fact, it's not you who has failed but the diet that has failed you and all the unrealistic rules and restrictions associated with it.



More often than not, you diet, lose the weight but then gain it back. So, then you try the next new and improved diet. Or this time, you're going to eat "healthy" making sure you eat the recommended portion sizes and be "good" and only eat "healthy foods". The same thing happens and the cycle repeats. This is called weight cycling. And weight cycling is much worse for your health than maintaining at a higher weight.

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Weight cycling can lead to high blood pressure, insulin resistance, loss of muscle mass, low self-esteem and the list goes on.

You get the picture..

So, how do you reject the diet mentality and move on?

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The first thing is to have patience with yourself. This is not a quick fix. And the messages out there are still very diet and weight focused. You are facing what is called a paradigm shift - a new way of thinking that challenges the traditional ways of thinking about eating and "healthy" weight.

You may also have to face grieving the "diet void"

There is a kind of high when you go on a diet and "succeed" at losing weight. You feel in control, you feel in a way empowered. Saying good bye to this can leave a void. Because what is there to replace it? And if you have been dieting as a way to feel in control and cope because other areas of your life feel so out of control, you inevitably have to face those other things. Dieting offered excitement and hope - what replaces this?

Well, ask yourself this. How did you feel when the diet stopped working? I want to suggest that dieting offers a false hope. I want to offer you a new hope of taking small steps towards finally having peace with food and rediscovering the enjoyment of eating.

But in order to do this, you have to reject the diet mentality.

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See next month's newsletter where I will be talking about principles 2 & 3 of Intuitive Eating: Honour your hunger and Make peace with food.  
You can also check out my posts on facebook  
Better yet, contact me and schedule your free 15 minute discovery call!

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