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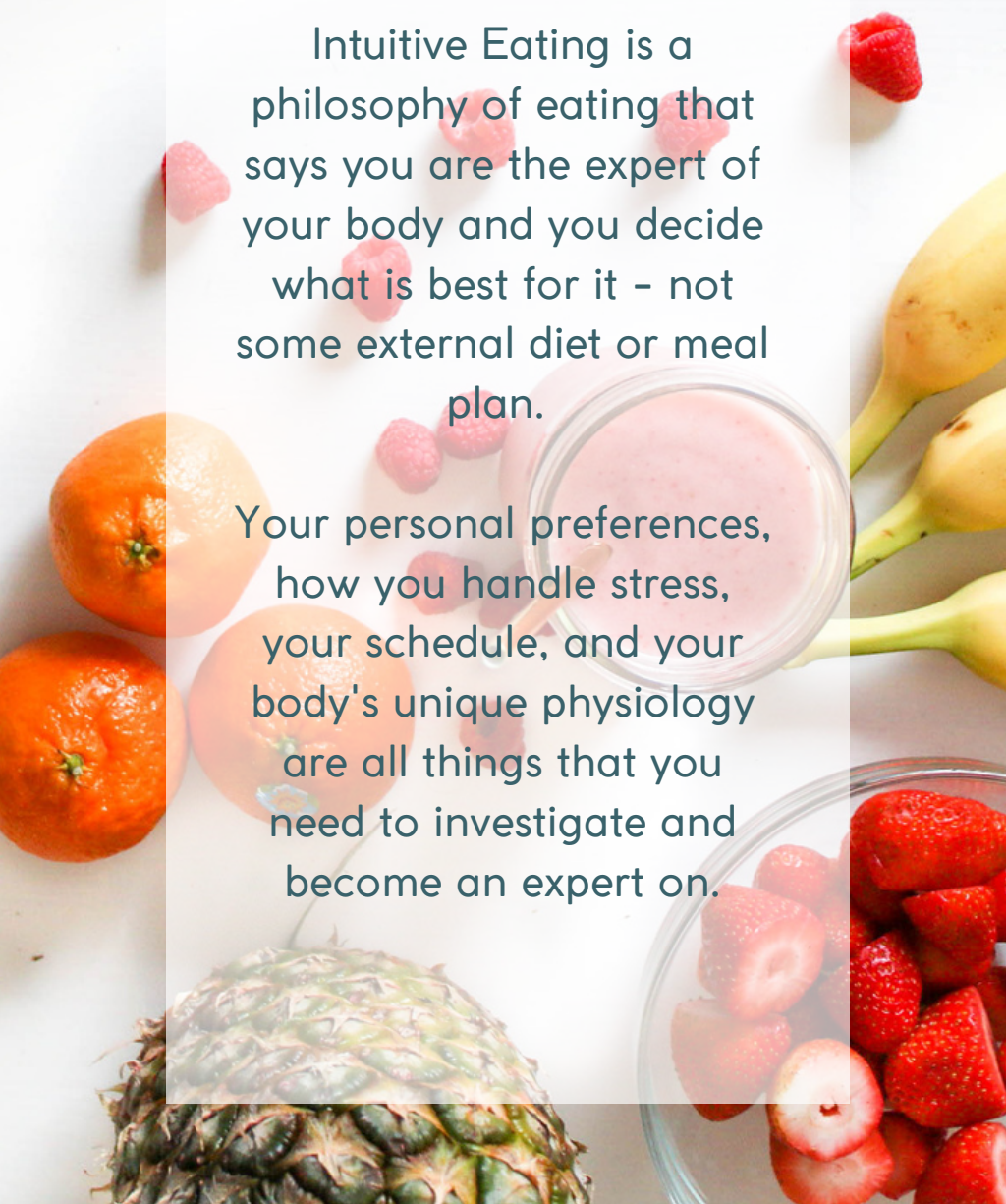
# The 10 Key Principles of Intuitive Eating

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# What is Intuitive Eating?

Intuitive Eating is a philosophy of eating that says you are the expert of your body and you decide what is best for it – not some external diet or meal plan.

Your personal preferences, how you handle stress, your schedule, and your body's unique physiology are all things that you need to investigate and become an expert on.




The background of the image is a collage of various fresh foods. At the top left, there are several bright red tomatoes. To their right are slices of pink grapefruit. Below the tomatoes, there are sliced avocados and a hard-boiled egg cut in half, showing a yellow yolk. On the right side, there are more grapefruit slices and some dark red cherries. The bottom right corner shows shredded chicken. The entire image has a soft, slightly blurred aesthetic.

## Principle 1: Ditch The Diet Mentality

Avoid relying on a prescribed diet to provide you with the exact nutrition plan for your body without having input into that decision-making. By doing so, you're relying on something external, which can disconnect you from the wisdom of your own mind and body.



A vibrant collage of fresh produce including two ripe peaches at the top, a bunch of green basil on the right, several red tomatoes, and green and purple eggplants at the bottom. The items are scattered on a background of crumpled brown paper. A semi-transparent white rectangle is centered over the image, containing text.

## Principle 2: Honour Your Hunger

Respond to early signs of  
hunger by feeding your  
body.


When we are too hungry,  
we do not make logical  
choices.





## Principle 3: Make Peace With Food

No one likes to be told they “can’t” do something. When you tell yourself you can’t or shouldn’t have something, it makes you want it more! Ask yourself, “How CAN I have something I really want and still honour my health and body?” Have a small slice cake or a glass of wine and enjoy it. Eat healthier foods the rest of the day.



## Principle 4: Say No To Labelling Foods Good Or Bad

Foods are not good or bad.

And, we are not good or  
bad for eating them.



A top-down view of a white bowl filled with a thick, pinkish-red acai smoothie. The bowl is garnished with a variety of fresh fruits: sliced strawberries, whole blueberries, blackberries, and chunks of yellow mango. Sprigs of fresh green dill are scattered on top. The bowl sits on a light-colored surface, and more fruit is visible around the edges of the bowl.

## Principle 5: Respect Your Fullness

As you are eating, check in with yourself to see how hungry or full you are feeling.

If you are unsure, aim to eat to about eighty percent full. Then ask yourself if you could wait twenty minutes to eat to decide if you are still hungry.

A top-down view of a light green ceramic bowl filled with a meal. The bowl contains white rice, sliced cucumbers, green bell peppers, and pieces of white fish. A whole hard-boiled egg is placed on the right side of the bowl. Fresh green herbs are scattered on top of the rice. The bowl sits on a white and grey striped cloth. In the top left corner, some fresh green leaves are visible. The background is a plain, light-colored surface.

## Principle 6: Discover The Satisfaction Factor

Eating is fuel for our body and promotes health, but it is also an enjoyable and social experience.

When you eat food that tastes good in an enjoyable environment, you will feel satisfied and content with the experience and not need more food to satisfy you.



A top-down view of a white ceramic bowl filled with a variety of fresh fruits and yogurt. The fruits include raspberries, blackberries, blueberries, and sliced strawberries. There are also some almonds and fresh dill leaves scattered on top. The bowl is set against a light background, and the overall lighting is bright and natural. A semi-transparent white rectangular box is overlaid on the center of the image, containing text.

## Principle 7: Honor Your Feelings Without Using Food

Food won't fix feelings. It may comfort or cover them up for a short time, but it won't solve the problem.

When you learn to process emotions and feel the hunger and cravings so that you are not constantly resisting and reacting to them, your environment is nothing your mind cannot overcome. This is what "tuning into your body" is all about.

A pineapple is positioned on the left side of the frame, resting on a dark, textured wooden surface. A semi-transparent white rectangular box is centered over the right portion of the image, containing text. The pineapple's skin is a mix of green and brown, with some leaves visible at the top.

## Principle 8: Respect Your Body

Rather than criticizing your  
body, respect and  
appreciate all that it does  
for you.





## Principle 9: Exercise — Move!

Find ways to move your  
body that you ENJOY.

Shift the focus from losing  
weight or extreme exercise  
to the enjoyment of being  
able to move your body.



## Principle 10: Honour Your Health

You don't have to eat a perfect diet to be healthy.

The goal is not perfection. One meal or snack isn't going to make or break your health. It is what you do consistently, over time that matters.



livefitlivewell.ca  
- Jen Grossi -



Source: Intuitive Eating, Tribole and Resch, 2012