# The 10 Key Principles of Intuitive Eating

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.
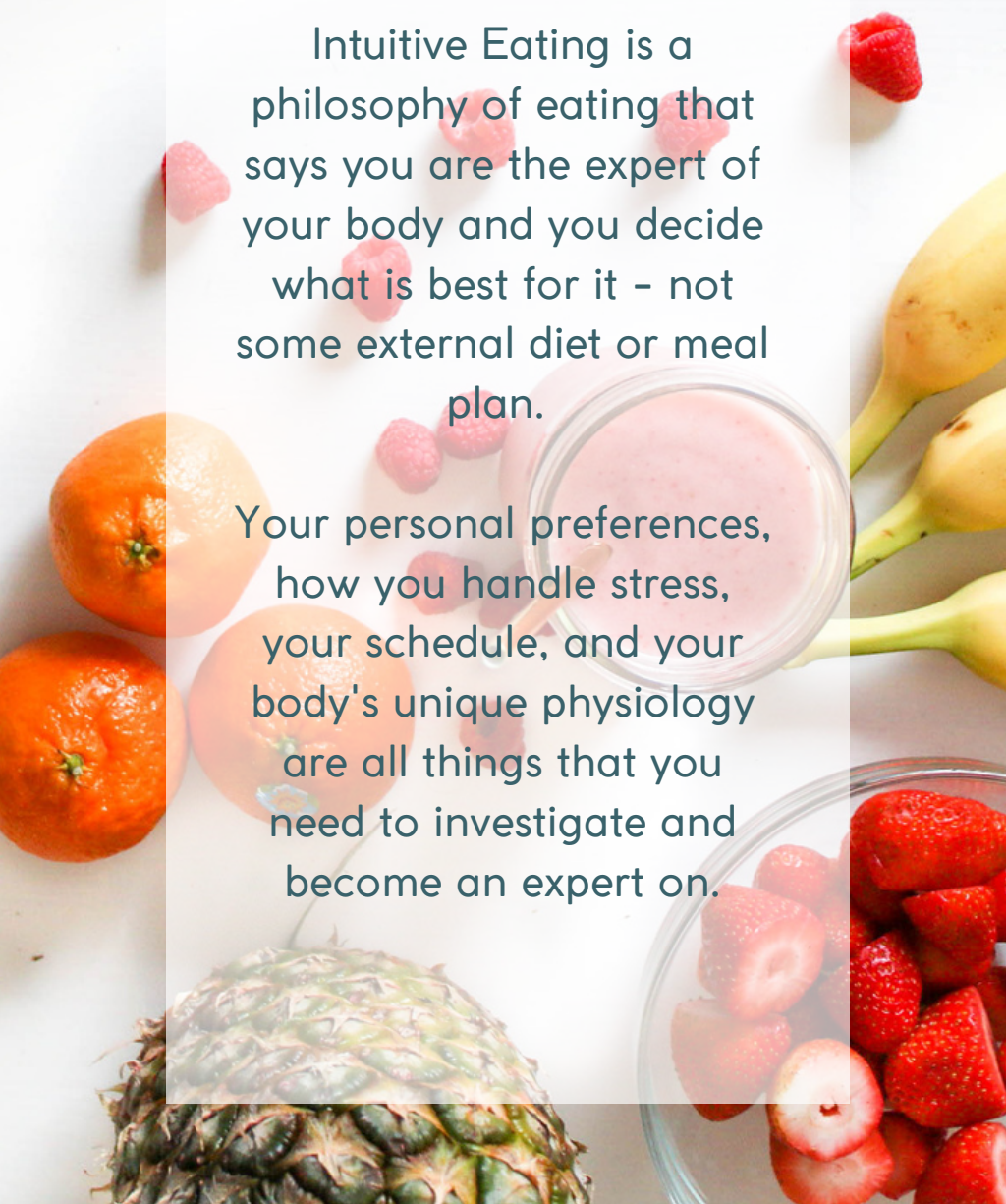
Principle 1:
Ditch The Diet
Mentality

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.

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.

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.

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.

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.

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.