

HEALTHBREAK

APRIL 2020

Get “In Tune” With Intuitive Eating

Intuitive eating focuses on moving away from the external cues (weight, diet restrictions) that tell you what, when, and how much to eat, and toward getting in touch with the internal cues (hunger, fullness, emotions) that tell you what, when, and how much to eat.

There are 10 principles of intuitive eating:

1. Reject the diet mentality. Let go of dieting. Say no to all the rules around eating. Adopt the “all foods can fit” mantra.
2. Honor your hunger. Ignoring hunger can lead to cravings and overeating. The more “in tune” you are with your hunger cues, the better you become at choosing foods that are both nourishing and satisfying.
3. Make peace with food. Give yourself permission to eat whatever you want.
4. Challenge the food police. Don’t let yourself or anyone else tell you that you’re “bad” for eating a certain food.
5. Feel your fullness. Your body will tell you when it’s full, if you’ll listen.
6. Discover satisfaction. Eating is supposed to be a joyful and satisfying experience, but that can only happen if you let it.
7. Honor your feelings. Don’t eat your feelings. Instead, find non-food ways to cope with your emotions.
8. Respect your body. Don’t be critical of yourself; instead, accept your body, regardless of its shape.
9. Exercise, feel the difference. Don’t worry about how many calories you’re burning. Focus on how good it feels to be active.
10. Honor your health. You don’t have to be a perfect eater to be healthy. It’s about what you eat consistently over time that matters.

Step away from the diet mentality and see how much more you can enjoy food.

Source:

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Well onTarget®

Questions? Contact us at 1-877-806-9380 or visit [WellonTarget.com](https://www.wellontarget.com) for more information about lifestyle changes you can make to improve your health.