
Certificate Programme in Intuitive Eating Practices

Principles of Intuitive Eating

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The Principles of Intuitive Eating form the foundation of a holistic approach to food and eating that focuses on honoring your body's natural cues and instincts to guide your eating habits. Developed by dietitians Evelyn Tribole and Elyse Resch in 1995, intuitive eating is a philosophy that challenges traditional diet culture and promotes a healthy relationship with food, mind, and body. The principles are designed to help individuals break free from restrictive eating patterns, cultivate self-awareness, and foster a positive body image. The core principles of intuitive eating are as follows:

1. **Reject the Diet Mentality:** This principle encourages individuals to let go of the diet mentality that perpetuates the cycle of weight loss and gain. Instead of following strict rules and restrictions, intuitive eating emphasizes listening to your body's hunger and fullness cues.
2. **Honor Your Hunger:** Intuitive eating teaches individuals to trust their body's signals of hunger and respond appropriately by eating when hungry. By honoring your hunger, you can prevent feelings of deprivation and overeating.
3. **Make Peace with Food:** This principle encourages unconditional permission to eat all foods without guilt or shame. By removing the moral judgment associated with certain foods, individuals can enjoy a balanced and varied diet without restrictions.
4. **Challenge the Food Police:** The food police refers to the internalized voice that criticizes food choices and promotes guilt and shame. Intuitive eating encourages individuals to challenge this negative self-talk and develop a more compassionate and non-judgmental attitude towards food.
5. **Respect Your Fullness:** Learning to recognize and respect feelings of fullness is essential for balanced eating. By tuning into your body's signals of satiety, you can avoid overeating and honor your body's needs.
6. **Discover the Satisfaction Factor:** Intuitive eating emphasizes the importance of finding pleasure and satisfaction in eating. By choosing foods that satisfy both your physical and emotional needs, you can cultivate a more positive relationship with food.
7. **Honor Your Feelings Without Using Food:** This principle encourages individuals to find alternative ways to cope with emotions, stress, and boredom without turning to food for comfort. Developing healthy coping strategies can help prevent emotional eating.
8. **Respect Your Body:** Intuitive eating promotes body acceptance and respect for your body's unique shape,

size, and abilities. By practicing self-care and compassion, you can nurture a positive body image and focus on health rather than weight.

9. Exercise: Feel the Difference: Physical activity should be enjoyable and focused on how it makes you feel, rather than burning calories or losing weight. Intuitive exercise involves listening to your body's needs and choosing activities that bring joy and vitality.

10. Honor Your Health: Intuitive eating encourages individuals to make food choices that honor their health and well-being, without strict rules or restrictions. By focusing on overall health and nourishment, you can create a balanced and sustainable approach to eating.

Practicing the principles of intuitive eating requires patience, self-compassion, and a willingness to challenge societal norms and beliefs about food and body image. It is a journey of self-discovery and empowerment that can lead to greater freedom, joy, and peace in your relationship with food and yourself. By embracing these principles and cultivating a mindful and intuitive approach to eating, you can create a sustainable and fulfilling lifestyle that supports your overall well-being.