



## What is Intuitive Eating?

### Eating When Hungry and Stopping When Full

People will eat because they are hungry. Food is present everywhere in our world.

There are often cues that trigger one to eat even when not hungry- such as parties or boredom.

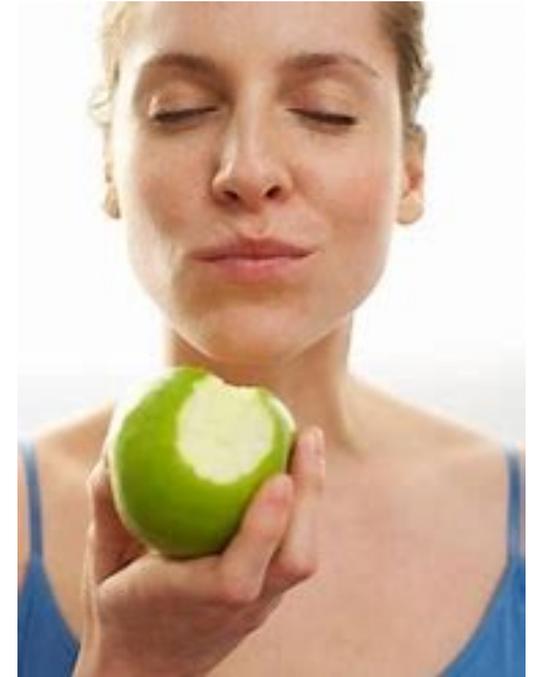
For a person to be an intuitive eater, they must pay attention to cues from their body about when they are hungry and full.

### References

1. Gast & Hawks, 1998.
2. Beitntner et al, 2019.
3. Van Dyke & Drinkwater, 2013.
4. Bacon et al, 2005.
5. ChooseMyPlate.gov

### Image credits

1. <https://en.wikipedia.org/wiki/MyPlate>
2. <https://www.centracare.com/blog/2018/april/intuitive-eating-honor-your-hunger/>
3. <https://aminddivided.com/2012/08/17/anger-and-compulsive-eating/>



**HOW-TO:**

**INTUITIVE  
EATING**

## What is Health at Every Size?

Accepting and respecting that bodies come in all shapes and sizes.

Health and well-being encompass physical, social, spiritual, occupational, emotional, and mental factors.

Health at Every Size is promoting all these factors no matter what size your body is.

## Benefits of Intuitive Eating

- Higher self-esteem.
- Better coping skills.
- Healthy relationship with food.
- Less emotional eating.
- Higher consumption of fruits and vegetables.
- Improved physical health.

## How do I eat Intuitively?

Eat more mindfully with no distractions.

Turn off your electronics when eating.

Chew food slowly and savor the flavor.

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*Done with diets?*

*Years of yo-yo dieting?*

*Do you see certain foods as "bad"?*

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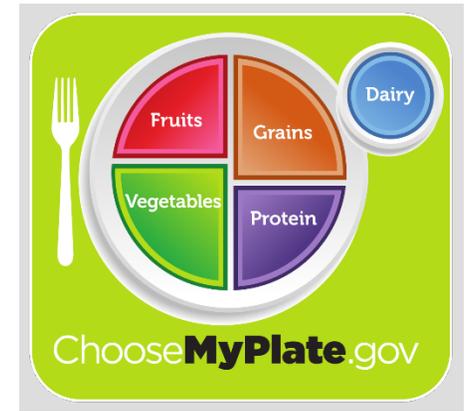
Use your senses to enjoy your food.

How does my food look?

How does my food smell?

While chewing, get a sense of the texture.

Chew thoroughly!



## Eat Balanced Meals and Snacks

The USDA MyPlate will serve as a guide to building healthy meals in order to keep you satisfied in between eating.

Building your plate at mealtimes will help ensure you are having a variety of food groups.

## Check-in With Yourself

Stop halfway through your meal and ask yourself how hungry or full you still are.

Rate yourself using this hunger scale!

## The Hunger Scale

