INTUITIVE EATING PRINCIPLES

Iowa State University Student Wellness



Reject the Diet Mentality

Recognize that all bodies are meant to be different and diets don't work.

Honor Your Hunger

Hunger is a cue to eat food for energy throughout the day. If you notice you feel hungry, eat something.

Make Peace with Food

It's okay to enjoy food. In fact, people who eat foods that they like typically have more variety in their diet.

Challenge the Food Police

Remove any 'good' and 'bad' labels that you put on food and instead think of food as neutral.

Feel Your Fullness

Listen to your body and learn what signs your body gives you when it's full.

Discover the Satisfaction Factor

Eat without distraction and notice when you feel satisifed.

Cope with Your Feelings Without Using Food

Recognize when you are using food to cope with emotions and brainstorm other coping mechanisms. Examples include going for a walk, drinking a cup of tea, or calling a supportive friend.

Respect Your Body

Your body is always changing, because it's a living thing. It's meant to look different from everyone else's, despite what we might see in the media.

Exercise: Feel the Difference

Exercise releases endorphins, making you feel mentally healthier. It is important to move in a way you love, whether that be walking, swimming, lifting, or running.

Honor Your Health: Gentle Nutrition

There is no perfection when it comes to food. Listen to your tastebuds and cravings to get themost satisfation out of eating without guilt.



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