

Intuitive Eating

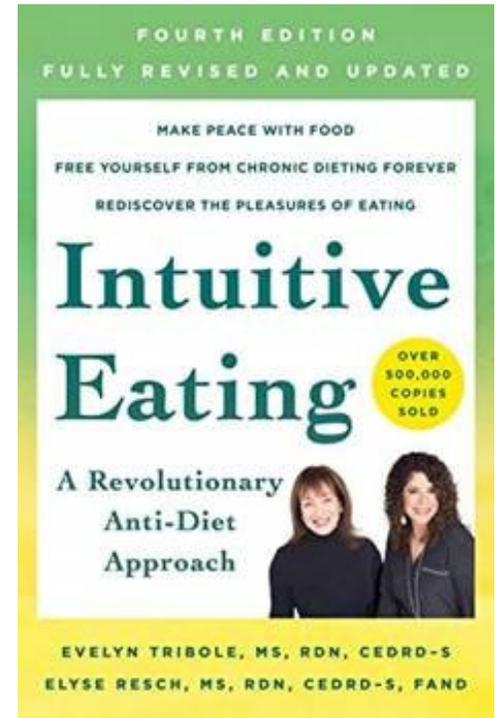
The concept of intuitive eating supports the belief that we are all born with the instinct to determine what our body needs. However, in a world filled with diet culture, we often second guess our natural abilities to make decisions on how to fuel our body, mind, and spirit.

For more information on intuitive eating, you can read this **#dietitianapproved** book:

"Intuitive Eating: A Revolutionary Anti-Diet Approach."

The 10 Steps to Intuitive Eating as outlined in the book are:

1. **Reject the diet mentality** -chronic food restriction is harmful.
2. **Honor your hunger** -if your body is hungry, feed it.
3. **Make peace with food** -all foods fit and can be enjoyed.
4. **Challenge the food police** - confront negative thoughts or messages around food.
5. **Respect your fullness** -learn to recognize when you are comfortably full.
6. **Discover satisfaction** -eat foods that provide you with pleasure and do it without guilt.
7. **Honor your feelings without using food** -validate emotions and use a variety of coping skills.
8. **Respect your body** -think about all that it does for you.
9. **Joyful movement** -exercise should never be a punishment.
10. **Gentle nutrition** – consume foods that honor your physical, mental, and spiritual self.



CHAT WITH ME!

Have any questions concerning food, nutrition & overall health? Feel free to email me on mmhardy@stfx.ca for any inquiries.

Considerations for Active Individuals:

Steps 2 and 5 can cause some mixed messaging for active people with intense training regimes. In the first few hours after a high intensity exercise, our appetite-regulating hormone-ghrelin, decreases, thus contributing to a low appetite. This is why you should still eat after an intense exercise even if you are not hungry.

Tips for active individuals to eat even when they are not hungry:

- Have someone else cook for you- meal hall!
- Try a variety of flavors - salty, sweet, savory, etc.
- Try a liquid nutrition such as a recovery smoothie.
 - Chocolate milk or flavored soy milk.
- Smaller, more frequent snacks if a full meal is not appealing.