College is a new and exciting chapter in your life with many opportunities. Perhaps one of these opportunities can be your first steps toward developing a life-long healthy relationship with food. Elyse Resch and Evelyn Tribole created the model of intuitive eating in 1995 to help individuals with a disordered relationship with food. Their approach recognizes the connection between the physical and mental factors of eating, and is appropriate for all who are interested in a more holistic or mindful approach to eating.

There are 10 Principles to intuitive eating by Resch and Tribole. Let’s explore 3 principles and apply them to the higher education setting.

**BASIC PRINCIPLES OF INTUITIVE EATING**

1. **Reject the Diet Mentality:** Your first year should not focus on weight. Unfortunately, our diet obsessed culture hones in on weight, thinness, and the “Freshmen 15”, which has actually been dispelled. College is the first time for many of you to try new things, including new foods. Learn to enjoy foods, and have eating be a positive experience. Take the time to socialize; eat with your new friends and discuss your favorite foods.

2. **Honor Your Hunger:** Keep your body fed with nutrient dense foods. College schedules can be daunting with class schedules, sports practice and games, work and school projects. Sometimes we forget to honor our hunger cues. When we reach the point of excessive hunger, we tend to overeat and all conscious eating practices become irrelevant. Taking time to plan your day with adequate balanced snacks, meals, and other nourishing foods can help your body intuitively honor your hunger by having complete access to foods and avoiding fear of deprivation.

3. **Making Peace with Food:** Give your body unconditional permission to eat. Fighting with our bodies and telling ourselves a food is bad and is off limits often leads to intense feelings of deprivation. This can ultimately build up to intense cravings and result in binges. When you give in to those forbidden foods, the binge is often followed by intense sense of guilt and depleted self worth. Remove the power that comes with identifying foods as good or bad.

For more insight, visit: [https://www.intuitiveeating.org/](https://www.intuitiveeating.org/)

Please reach out to the Health & Counseling Center on campus if you need more inspiration and support in your intuitive eating journey.
HAPPY FALL APPETIZER:
Turmeric Curry Hummus

Add a flavorful spin to traditional hummus. Spice it up with turmeric and curry. Try this at your next gathering with friends!

INGREDIENTS
- 1 can of chickpeas
- 2 garlic cloves roasted
- Freshly squeezed lemon juice from half a lemon
- 1/4 cup olive oil
- 1/4 cup of water
- 2 Tbsp. tahini
- 1 tsp. curry
- 1 tsp. turmeric

NUTRITION
We are not going to focus on macro and micronutrients. Simply enjoy the hummus. Honor your hunger. Make peace with food. Challenge the food police. Respect your fullness. Discover the satisfaction factor.

DIRECTIONS
1. Put all ingredients into a blender or food processor. Blend on high for 20-30 seconds. You may need to add additional water to bring to your desired consistency.
2. Serve with chopped celery, carrots, tomatoes, and peppers or toasted pita bread.
3. Can store in air-tight container for 2-3 days.

This monthly nutrition newsletter is a collaboration from Sodexo Dining Services Registered Dietitians supporting colleges and universities in the northeast region.

Mackenzie Gordon, MS, RDN, LDN, is the author of this month’s edition. She supports Fairfield University in Connecticut along with other schools in New England.