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OBJECTIVES

- ① Provide background to history and concept of Intuitive Eating strategy
- ② Review evidence for Intuitive Eating in the literature
- ③ Discuss practical applications of Intuitive Eating in various workplace settings

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**ALYSSA ASHMORE**  
MS, RDN, CSSD, LD

- Owner of Passionate Portions Inc.
- Mission: Educate and empower women to heal their relationship with food and to learn to trust themselves again while meeting health and personal goals
- 9-year history of applying Intuitive Eating concepts in various professional settings

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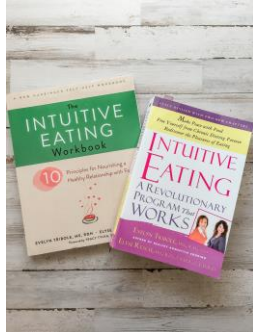
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## A LITTLE BIT OF HISTORY

Pioneered by Evelyn Tribole, MS, RDN and Elyse Resch, MS, RDN, CEDRD, Finedp, FADA, FAND

First released Intuitive Eating: A Revolutionary Program that works in 1995. Currently in 3rd edition with additional workbook available.

Comprised of 10 basic principles based on healing the relationship with food; empowering and instilling trust back to the client, and incorporating gentle exercise and nutrition without rules or gimmicks.



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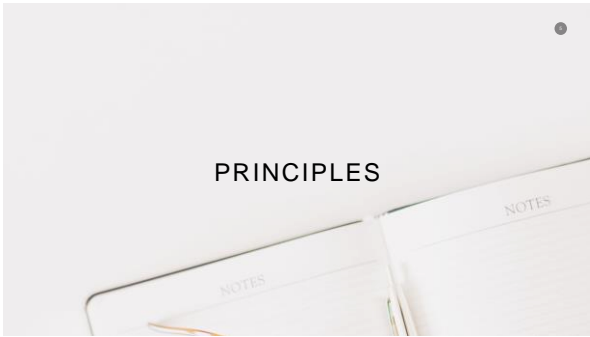
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## PRINCIPLES



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### PRINCIPLE 1 REJECT THE DIET MENTALITY



- Learn what the diet mentality is and how to identify it.
- Get angry at the diet mentality for sabotaging your innate ability to nourish yourself adequately.
- Get rid of diet books, magazines and programs that offer false hope and make empty promises.
- Accept the damages dieting causes.
- Ditch dieting tools that hinder your internal feeding cues.

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PRINCIPLE 2  
**HONOR YOUR HUNGER**



- Learn how to identify true, biological hunger that's not focused on rules or "shoulds."
- Use this biological hunger to feed your body with adequate energy, food groups, portions and timing.
- Learn the mechanisms that trigger eating.




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PRINCIPLE 3  
**MAKE PEACE WITH FOOD**



- Learn how guilt and deprivation have influenced your past eating choices.
- Give yourself unconditional permission to eat.
- Accept all foods and food groups.
- Throw aside others' ideas about what's "healthy" and what you "should" or "shouldn't" eat.
- Stop punishing yourself for your food choices.




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PRINCIPLE 4  
**CHALLENGE THE FOOD POLICE**



- Recognize the "rules" by which you've been eating.
- Get rid of the "good" and "bad" food mentality.
- Actively work to challenge the thoughts that have been created by dieting.
- Rid yourself of the guilt that dieting has created.
- Learn to handle commentary from others on your food choices.
- Reframe "food talk" for what is helpful vs harmful.




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PRINCIPLE 6  
RESPECT YOUR FULLNESS



- Learn to listen to your body in regards to fullness.
- Learn to decipher what's biological hunger vs. head hunger.
- Take time to notice your meal and your hunger signals.
- Learn comfortable satiety.
- Practice with foods that satisfy, not that just fill you up.




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PRINCIPLE 6  
DISCOVER THE SATISFACTION FACTOR



- Allow yourself pleasure and satisfaction to enhance the eating experience.
- Create an environment that cultivates contentment and peace to allow for optimal enjoyment.
- Help yourself know when you've had enough.
- Discover all qualities of food and the eating experience.
- Learn which foods truly satisfy you.
- "If you don't love it, don't eat it, and if you love it, savor it."




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PRINCIPLE 7  
COPE WITH YOUR EMOTIONS WITHOUT USING FOOD



- Learn how to be emotionally aware.
- Identify triggers for using food as an emotional crutch.
- Learn healthy alternatives for coping with anxiety, loneliness, sadness, boredom, happiness, and anger without food.
- Get comfortable asking yourself - and telling others - what you need.




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PRINCIPLE 4  
RESPECT YOUR BODY



- Accept your genetic predispositions and physical shape.
- Reject the idea of an "ideal body."
- Stop body-bashing and the comparison game.
- Make peace with your figure and set realistic goals to truly become an intuitive Eater.
- Adopt other measures for a healthy body besides weight.




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PRINCIPLE 5  
EXERCISE - FEEL THE DIFFERENCE



- Throw out extreme exercise plans and slaving away at the gym.
- Enjoy the gift of physical movement.
- Learn your favorite way to get active.
- Focus on how it feels to move instead of calories burned.
- Find true motivation for a regular exercise routine.




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PRINCIPLE 10  
HONOR YOUR HEALTH WITH GENTLE NUTRITION



- Use gentle nutrition to guide you to feeling well while honoring your taste preferences and overall health.
- Learn to be flexible instead of rigid with food choices.
- Stop the fear mongering and food worry.
- Focus on overall nutrition instead of scrutinizing health.
- Learn to enjoy healthy eating.




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# EVIDENCE

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## 90+ PUBLISHED STUDIES TO DATE

Detailed list of studies available at [www.eatingdisorders.com](http://www.eatingdisorders.com)

### Subjects Studied:

- Adolescent girls
- College students
- Women in emerging, early and middle adulthood
- Cancer patients
- Adult women
- Military service members
- Postpartum women
- Young adults
- Individuals with eating disorders
- Mothers
- Men
- College female athletes + retired athletes
- Sick

### Topics Studied:

- Eating disorders
- Physical activity
- BMI
- Body appreciation
- Self-esteem & Body image
- Virtual assessments & interventions
- Eating behavior
- Primary care

### Countries Studied:

USA, Canada, Malaysia, Finland, Asia, NZ, Germany



## 1 VALIDATED ASSESSMENT

Intuitive Eating Scale - 2 by Tracy Tyka  
Helps identify how strong of an intuitive eater you are.

23 statements ranked on scale of 1-5 from strongly disagree to strongly agree to result in a subscale score.

### Sample:

1. I try to avoid certain foods high in fat, carbohydrates, or calories.
2. I find myself eating when I'm feeling emotional (e.g. anxious, depressed, sad), even when I'm not physically hungry.
3. If I am craving a certain food, I allow myself to have it.
4. I get mad at myself for eating something unhealthy.
5. I find myself eating when I am lonely, even when I'm not physically hungry.

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# IMPORTANT NOTES

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## WHAT YOUR PEERS WANT YOU TO KNOW

FROM OTHER ADS:

### NO SPECIFIC OUTCOME PROMISES

"It doesn't promise a specific outcome in regards to food choices (type and amount) or body size. It's about changing a person's relationship with food and their body." *Vivica Tard-Love*

### IT'S ABOUT INTERNAL CONNECTION

"It's not hierarchical - it's really about helping the client navigate the messaging and connect with their internal wisdom vs. succumbing to agents." *Sarah Bernatche*

### EVIDENCE-BASED

"It's an evidence-based model (20 studies to date) with a validated assessment." *Sydney Casero-Eggenstata*

### NOT DENYING HEALTH

"I feel other RDs may think that I somehow am turning away from promoting health, the whole, "haha! They just get just all over" argument." *Marissa Paton*

### IT'S NOT JUST MINDFUL EATING

"Intuitive Eating works from a broader philosophy than mindful eating (Rejecting the diet mentality, respecting your body, etc)." *Jill Chedister-Mason*

### WIDE APPLICATION

"It's not limited to those with a history of ED and can be used alongside IMT." *Angela Dawn*

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## WHAT INTUITIVE EATING ISN'T

### HUNGER/FULLNESS DIET

Intuitive Eating was never meant to be a diet. Rather, it's a framework for healing one's relationship with food.

### STRICT

Intuitive Eating can't be "strict" because there are no rules, just key principles.

### A FAD

It's gaining popularity, but that doesn't make it a fad. Intuitive Eating has been around since 1995 and is a long-term approach, not a short-term diet.

### EAT WHATEVER YOU WANT ALL DAY

Intuitive Eating helps someone get in touch with their hunger cues and what their body needs, and a key principle is learning guide numbers.

### WEIGHT LOSS TOOL

Following Intuitive Eating principles can help with natural weight regulation through listening to one's body, ending binges, and stopping weight cycling, but weight is seen as the by-product and not the goal.

### APPROPRIATE FOR EVERYONE

Individuals who are underfed may not have reliable hunger cues and/or may not be able to trust and follow them. A more structured meal plan may be necessary in the beginning of their treatment.

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## APPLICATION IN TRADITIONAL MEDICINE

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## HOW TO BALANCE IN MEDICAL PRACTICE




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## TESTIMONIALS

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## CLIENT EXPERIENCE WITH INTUITIVE EATING

“  
Despite weight changes, it is worth healing my relationship with food and no longer obsessing or being afraid at the grocery store.”

S.S.

“  
The process of Intuitive Eating instead of dieting is something I can live with and enjoy my life with.”

D.F.

“  
It's freeing, and food is starting to not control me anymore. It's helped me realize I can have a different relationship with food where I'm not disappointed all the time. It's not as emotional to eat anymore.”

E.S.

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LEARN MORE

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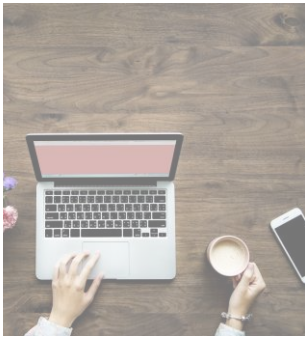
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WHERE TO LEARN MORE ABOUT **INTUITIVE EATING**

**INTUITIVE EATING WEBSITE**  
Book, workbook, and  
Certified Intuitive Eating Counselor  
[INTUITIVEEATING.WEB](#)

**EVELYN TRIBOLE'S 6 WEEK TELESEMINAR**  
A group coaching series to help you become more confident  
in coexisting through intuitive eating.  
[EATINGWITHTRIBOLE.COM](#)

**HEALTH AT EVERY SIZE**  
Complimentary book and thought process for  
loosening up behavior and not weight.  
[HEALTHATEVERYSIZE.COM](#)

**MARCI EVANS' TRAININGS**  
Body image workshop online training with Fiona Sutherland,  
The Mindful Dietitian.  
[MARCI-EVANS.COM](#)

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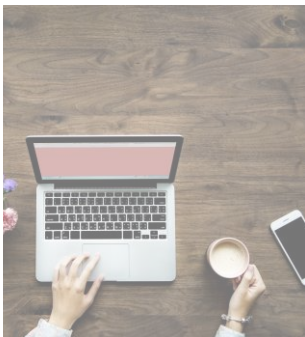
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WHERE TO LEARN MORE ABOUT **INTUITIVE EATING**

**BOOKS**  
Body Kindness by Melissa Storkel  
Body Respect by Linda Bacon & Lucy Aphramor  
Big Girl by Kelsey Miller  
The Body Project by Jean Jacques Brunberg

**PODCASTS**  
Food Psych  
The Mindful Dietitian  
Nourish Habits  
You Can Eat With Us  
Don't Salt My Game  
Love, Food

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