



*The 10*

---

KEY PRINCIPLES OF

---

# Intuitive Eating



*By: Bigger Change*

# *What is Intuitive Eating?*

Intuitive Eating is a philosophy of eating that says you are the expert of your body and you decide what is best for it - not some external diet or meal plan.

Your personal preferences, how you handle stress, your schedule, and your body's unique physiology are all things that you need to investigate and become an expert on.





*Principle 1:  
Ditch The Diet  
Mentality*

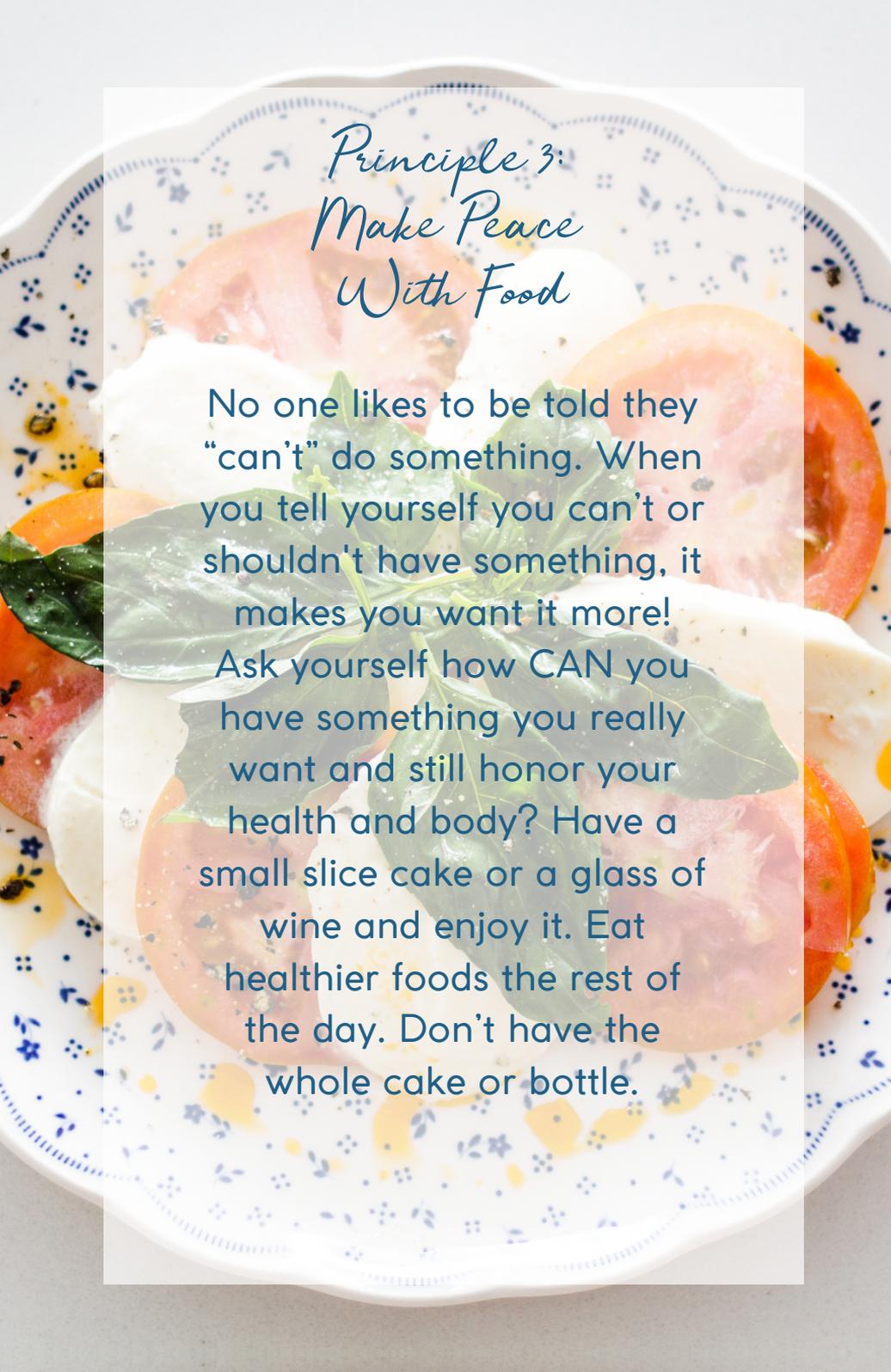
Relying on a diet to provide you with the exact nutrition plan for your complex body and emotions and you don't have any input into that decision-making, then you are relying on something external and that can actually disconnect you from the wisdom of your own mind and body.



*Principle 2: Honor Your  
Hunger*

Respond to early signs of  
hunger by feeding your  
body.

When we are too hungry,  
we do not make logical  
choices.



*Principle 3:  
Make Peace  
With Food*

No one likes to be told they “can’t” do something. When you tell yourself you can’t or shouldn’t have something, it makes you want it more! Ask yourself how CAN you have something you really want and still honor your health and body? Have a small slice cake or a glass of wine and enjoy it. Eat healthier foods the rest of the day. Don’t have the whole cake or bottle.

A photograph of a wooden tray filled with various healthy food items. In the foreground, there are several glass jars with blue rims containing smoothies in different colors: yellow, pink, light green, and red. A white bowl filled with granola sits in the center. Fresh berries, including blackberries, raspberries, and a pink apple, are scattered on the tray. The background is a blurred green, suggesting an outdoor setting. A semi-transparent white box is overlaid on the image, containing text.

*Principle 4:  
Say No To Good or  
Bad Foods*

Foods are not good or  
bad.

And we are not good or  
bad for eating them.



## *Principles 5: Respect Your Fullness*

As you are eating, check in with yourself to see how hungry or full you are feeling.

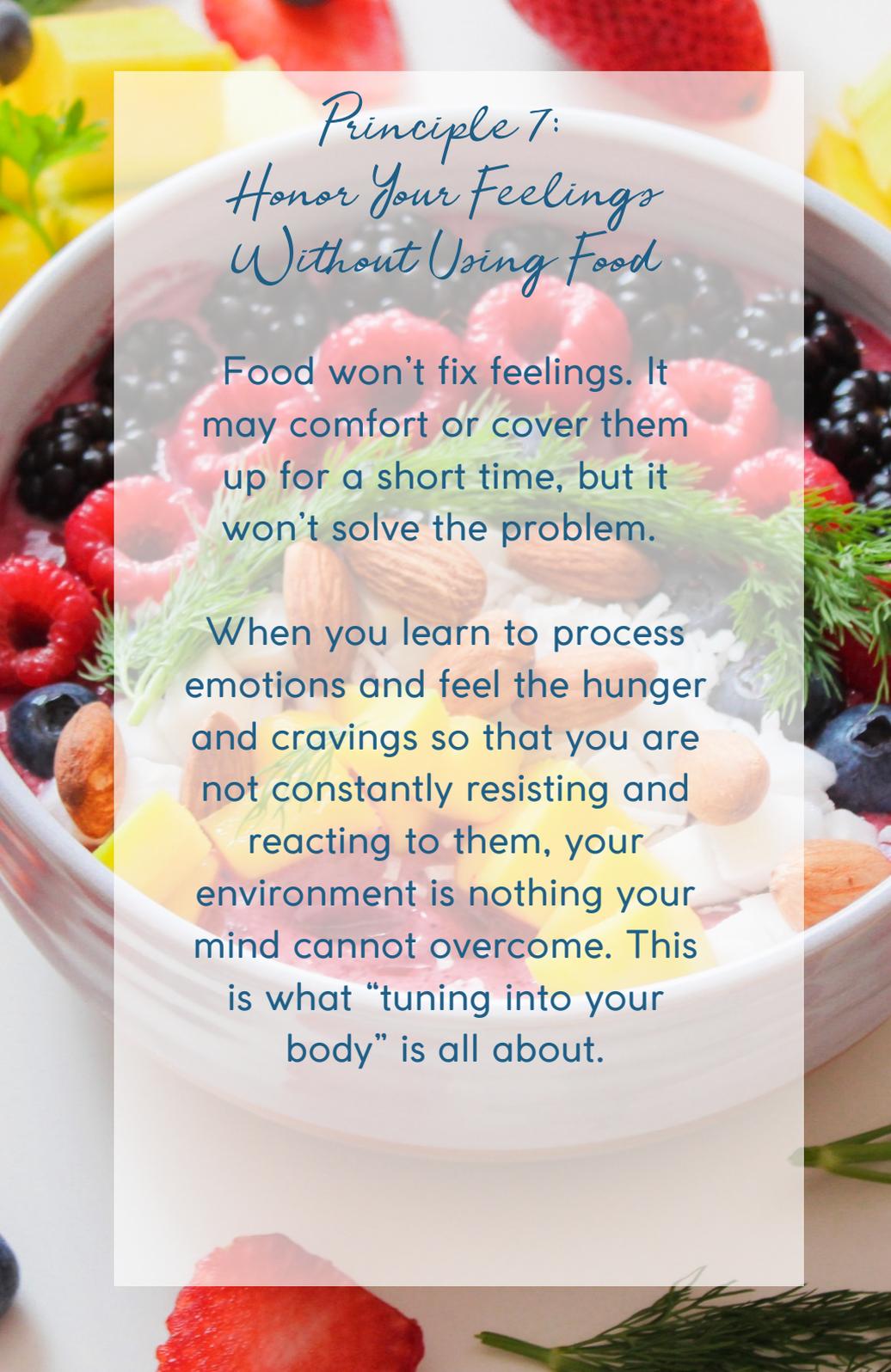
If you are unsure, aim to eat to about eighty percent full. Then ask yourself if you could wait twenty minutes to eat to decide if you are still hungry.

A top-down view of a light green ceramic bowl filled with a meal. The bowl contains white rice, sliced yellow bell peppers, green zucchini, and fresh green herbs. Two halves of a hard-boiled egg with bright yellow yolks are placed on the right side of the bowl. The bowl sits on a white and grey striped cloth. The background is a plain, light-colored surface.

*Principle 6: Discover  
the Satisfaction Factor*

Eating is fuel for our body and promotes health, but it is also an enjoyable and social experience.

When you eat food that tastes good in an enjoyable environment, you will feel satisfied and content with the experience and not need more food to satisfy you.



*Principle 7:  
Honor Your Feelings  
Without Using Food*

Food won't fix feelings. It may comfort or cover them up for a short time, but it won't solve the problem.

When you learn to process emotions and feel the hunger and cravings so that you are not constantly resisting and reacting to them, your environment is nothing your mind cannot overcome. This is what "tuning into your body" is all about.

A pineapple is positioned on the left side of the image, resting on a dark, textured wooden surface. A semi-transparent white rectangular box is centered over the right side of the image, containing text. The text is written in a blue, cursive font for the title and a blue, sans-serif font for the main message.

*Principle 8:  
Respect Your Body*

Rather than criticizing your  
body, respect and  
appreciate all that it does  
for you.



*Principle 9: Exercise—  
Move!*

Find ways to move your body that you enjoy. The body was meant to move!

Shift the focus from losing weight or extreme exercise to the enjoyment of being able to move our bodies.



## *Principle 10: Honor Your Health*

You don't have to eat a perfect diet to be healthy.

The goal is not perfection!  
One meal or snack isn't going to make or break your health. It is what you do consistently, over time that matters.