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The 10

KEY PRINCIPLES OF

Intuitive Eating

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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. Know it is possible to reprogram our genes for optimal living.

The background of the image is a vibrant collage of fresh produce. At the top left, there are several bright red tomatoes. To their right and extending across the top are several slices of pink grapefruit. In the bottom left corner, there are slices of green avocado. In the bottom right, there are pieces of cooked chicken and a cherry. In the center, a hard-boiled egg is sliced in half, showing its yellow yolk and white. The entire scene is set against a light, semi-transparent background that allows the colors of the food to be visible but slightly muted.

Principle 1: Ditch The Diet Mentality

Relying on a diet to provide you with the exact nutrition plan for your body and emotions and you don't have any input into that decision-making, 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 signs of
hunger by feeding your
body with well chosen
foods.

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? Having a small piece of dark chocolate or a small glass of red wine and enjoying it may not fit in everyday, but enjoy it on occasion, and move on - no need to step on the train of distraction after one indulgence.

A wooden bowl filled with various smoothies and fresh fruit. In the foreground, there are blackberries, raspberries, and a pink apple. Behind them are several glass jars with blue rims containing smoothies in different colors: yellow, pink, green, and red. Each jar has a white straw. A small white bowl filled with granola sits in the center. The background is a blurred green, suggesting an outdoor setting.

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

Foods are not good or bad. Its the choices you make.

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 a hard-boiled egg cut in half. The bowl is placed on a white and grey striped cloth. In the top left corner, there are some fresh green herbs. The background is a plain, light-colored surface.

Principle 6: Discover the Satisfaction Factor

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

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

A white ceramic bowl filled with a variety of fresh fruits and herbs. The bowl contains raspberries, blackberries, blueberries, sliced almonds, and fresh dill. The background is a soft-focus view of more of the same ingredients, creating a vibrant and healthy aesthetic.

*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 photograph of a pineapple on a wooden surface. The pineapple is on the left side, showing its characteristic diamond-shaped scales and green leaves. The background is a dark, textured wooden surface. A semi-transparent white rectangular box is overlaid on the right side of the image, containing text.

*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.

And have fun!



*Principle 10: Honor
Your Health*

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.

**Source: From the book
Intuitive Eating**



www.optimalprimalhealth.co.uk