

INTUITIVE EATING 101

MaKai Nutrition LLC

INTUITIVE EATING

OBJECTIVES

- Recognize the 10 principles of intuitive eating
- Understand research on the benefits on intuitive eating



WHAT IS INTUITIVE EATING?

EVELYN TRIBOLE & ELYSE RESCH

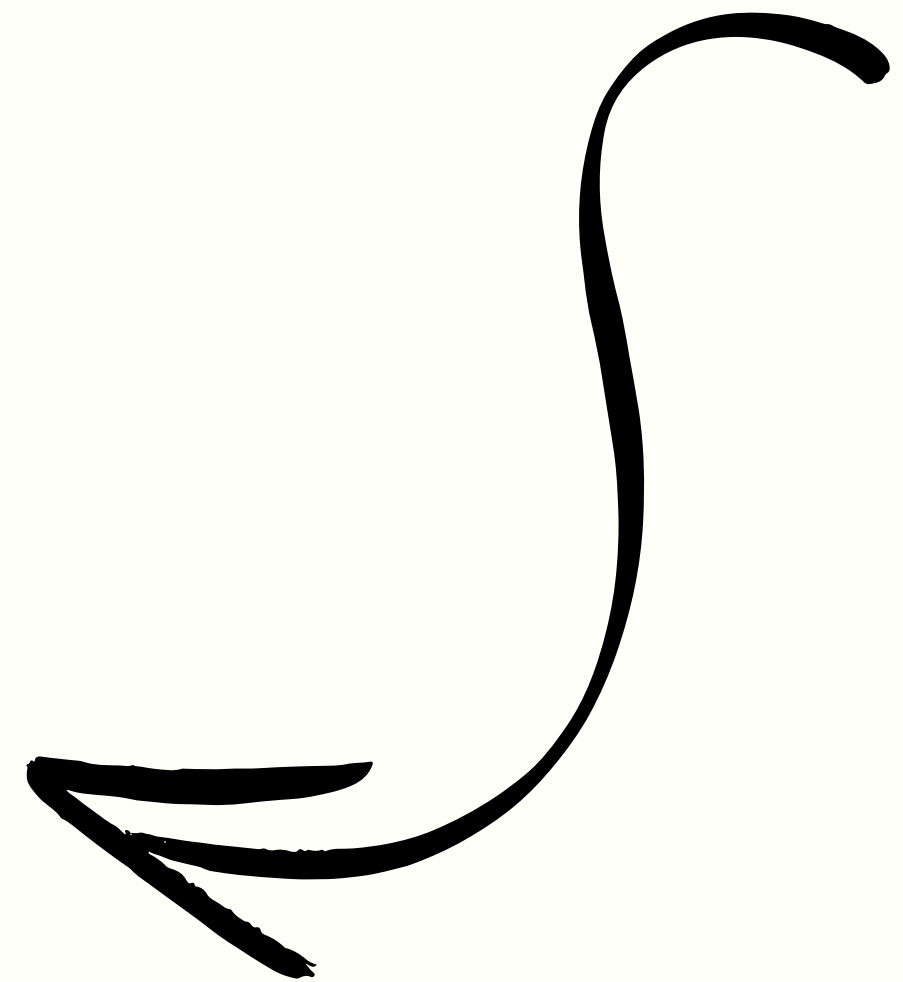
"Intuitive Eating" is a set of principles laid out to build a trusting relationship with food and the body.



INTUITIVE EATING PRINCIPLES

10 PRINCIPLES

1. Reject the diet mentality
2. Make peace with food
3. Challenge the food police
4. Honor your hunger
5. Feel your fullness
6. Discover the satisfaction factor
7. Cope with your feelings without using foods
8. Respect your body
9. Movement: feel the difference
10. Honor your health: gentle nutrition

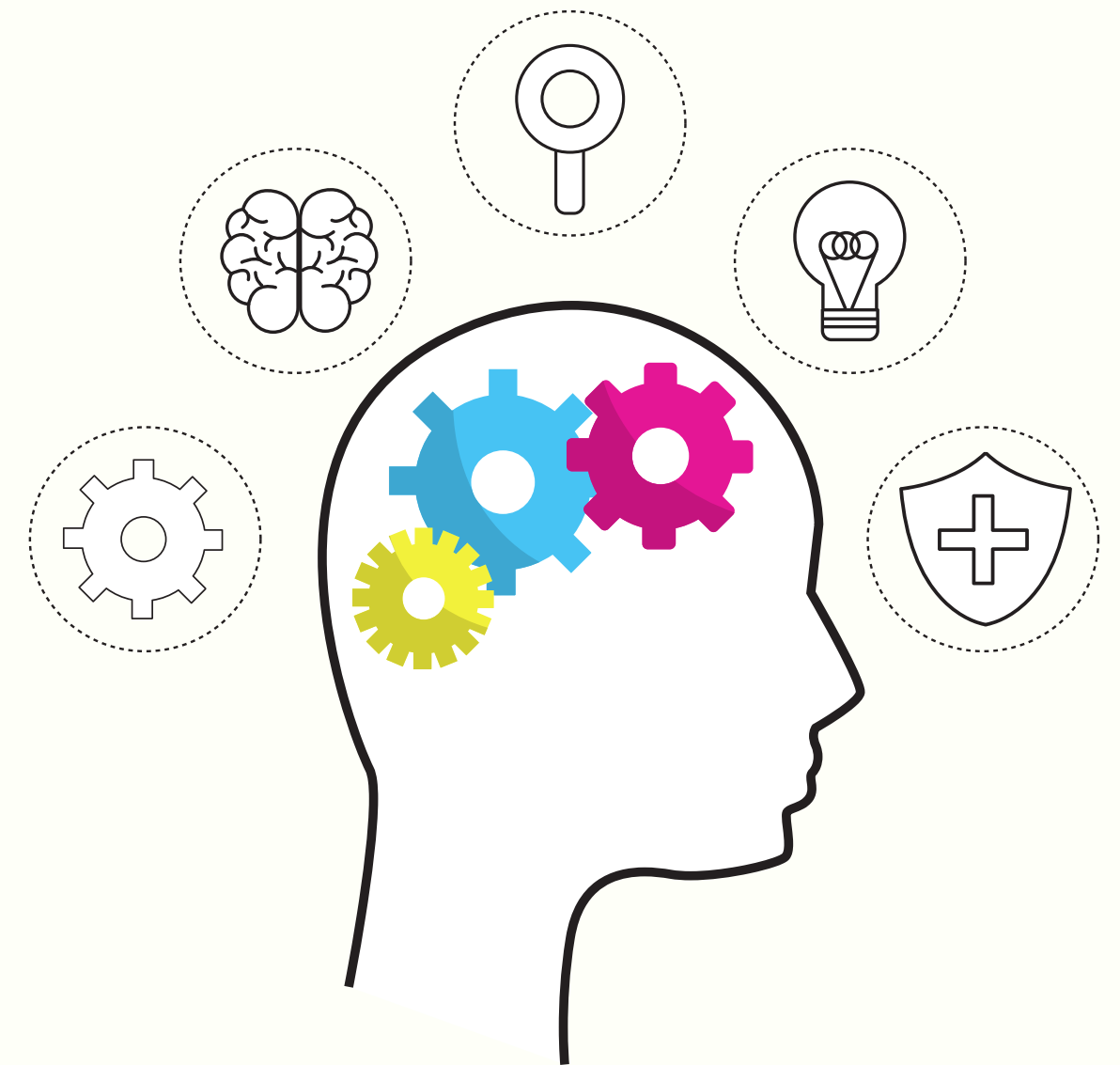


INTUITIVE EATING SCIENCE

THE RESEARCH

A recent meta-analysis review of 24 studies published between 2006 and 2015 found Intuitive Eating was associated with the following benefits:

- Greater body appreciation and satisfaction
- Positive emotional functioning
- Greater life satisfaction
- Unconditional self-regard and optimism
- Psychological hardiness
- Greater motivation to exercise, when focus is on enjoyment rather than guilt or appearance



INTUITIVE EATING SCIENCE

HEALTH INDICATORS

A scholarly review of Intuitive Eating and health indicators found that IE was associated with improved blood pressure, blood lipids, and dietary intake.

Preliminary research indicates that IE is associated with weight stability
Conversely, weight cycling may increase risk of heart disease or type 2 diabetes.



INTUITIVE EATING SCIENCE

UNCONDITIONAL PERMISSION TO EAT

One study of 350 male and female college students found that Intuitive Eaters ate a more diverse diet and had a lower BMI.

It's been found in case after case that giving yourself permission to eat whatever you like ultimately results in a balance of food choices. You'll find, after you've made peace with food, that the majority of your food choices will be nutrient dense.



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BINGE EATING TREATMENT

A study from the University of Notre Dame used an 8-week intuitive eating program for treating 31 women with binge-eating disorder. The result of this study showed a significant reduction in binge eating; so much so that the women no longer met the diagnostic criteria for BED.

An 8 year longitudinal study followed nearly 1500 subjects from adolescence to young adulthood and measured IE, disordered eating, and psychological health. They found that higher IE scores at baseline and follow-up were associated with lower odds of binge eating.



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WEIGHT LOSS EFFORTS

A recent 3 year prospective study showed that women who were trying to lose weight had a lower IE score at year 3, as well as had increased binge eating behaviors.

Intuitive eating is a weight-neutral model, meaning the focus is not on body size but rather cultivating a healthy relationship with food, mind, and body.

Intuitive Eating is an internally based process, whereas a focus on body weight is extrnally based.



HOW TO FIND BINGE FREEDOM WITH IE



INTUITIVE
EATING
PRINCIPLES

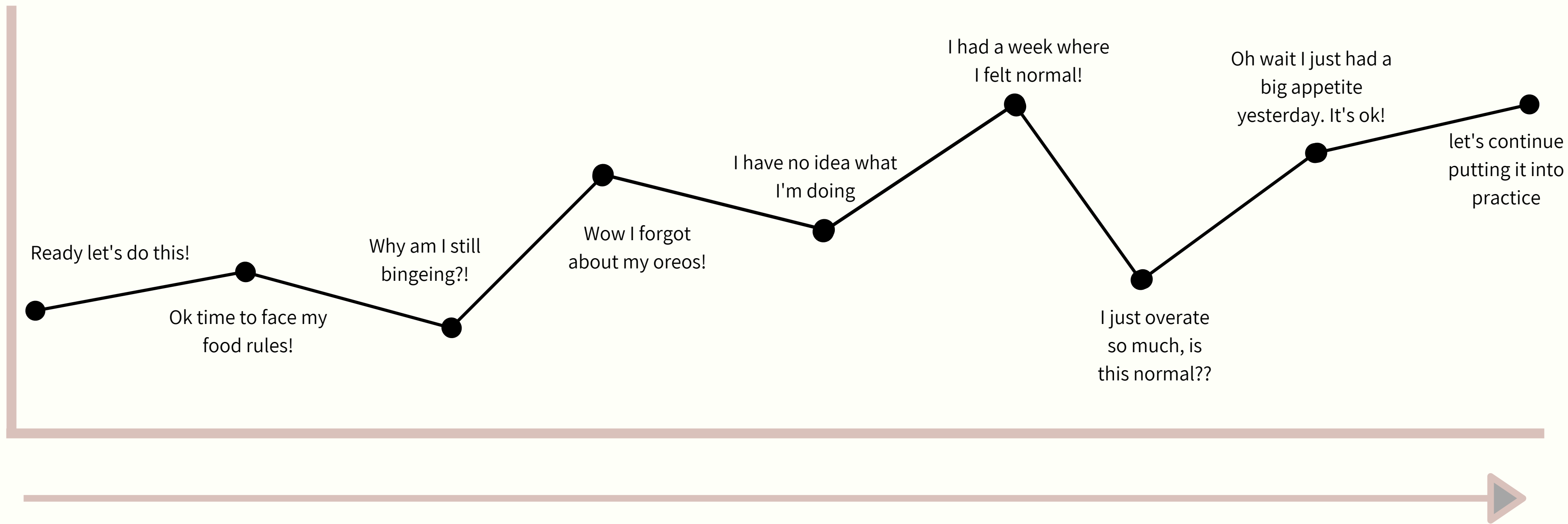


PROBLEM-
SOLVING



PRACTICE

THE JOURNEY TO BINGE FREEDOM



Questions? Thoughts?