

# PRINCIPLES OF INTUITIVE EATING

ADAPTED FROM THE INTUITIVE EATING® FRAMEWORK BY EVELYN TRIBOLE AND ELYSE RESCH

1. LET GO OF DIET RULES



2. TRUST YOUR HUNGER



3. UNCONDITIONAL PERMISSION TO EAT



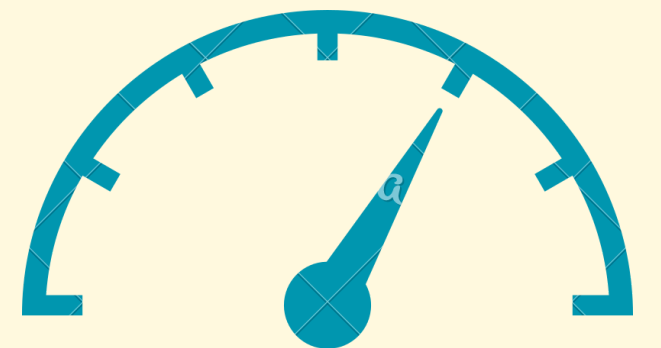
4. CHALLENGE INNER CRITIC/ FOOD POLICE



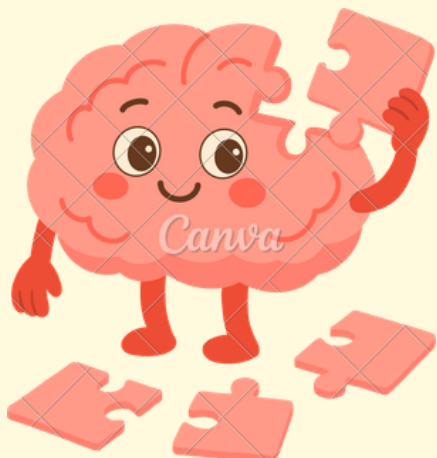
5. ENJOY MINDFUL EATING



6. FEEL YOUR FULLNESS



7. RESPOND TO EMOTIONS & EMOTIONAL EATING WITH KINDNESS



8. TREAT YOUR BODY WITH RESPECT



9. GENTLE MOVEMENT THAT FEELS GOOD



10. BALANCE YOUR DIET WITH FLEXIBILITY

