

5 Tips to get Started with Intuitive Eating

Intuitive eating is the process of making peace with food and your body. It allows you to connect to your body's internal cues of hunger and fullness. It supports eating in a way that makes you feel good - both physically and emotionally. Use the tips below to get started today!



1. **Be compassionate and curious.** Investigate where thoughts about your food and body originated.
2. **Ask yourself how you would like to eat if your body size were not a factor.** Work toward this.
3. **Start with awareness.** Even if you don't make any behavior changes yet, simply noticing and becoming aware of your thoughts, feelings, and emotions around food can be helpful.
4. **Remember that nutrition is one piece of the health puzzle.** If it is taking away from other puzzle pieces, such as mental health, social connection, movement, or sleep, then it is no longer helpful.
5. **Know that intuitive eating is a journey and not a destination.** You may never "master" it and you may find yourself years later falling back into old patterns. This is ok! Laugh it off and call it being human.