



APPLYING PRINCIPLES OF INTUITIVE EATING

1. **You are not on a diet.** You are eating to nourish and fuel your body. Maybe you reach for an extra serving of vegetables or say no to an extra helping of pie. Think about what makes you feel the best and makes you happiest.
2. **You are allowed to eat when you are hungry and allowed to stop when you are full.** It can be difficult to keep regular meal times when you're traveling or staying with someone else. Keep a few snacks on hand in your purse to tide you over. Be sure to eat a good breakfast and lunch prior to the big meal!
3. **Make peace with food.** All foods are allowed. Seriously. All foods. Even if Aunt Karen has sworn off carbs and isn't eating mash potatoes this year, if you want them, eat them!
4. **Foods are not good or bad** and you are not GOOD for eating one food or BAD for eating. Don't let other people's insecurities or diet hangups influence you. It's just food.
5. **Respect your fullness.** There's a difference between still hungry, satisfied and FULL. It takes about 20 minutes for your body to know the difference. Take your time and savor the meal, put your fork down between each bite, chat with those around you and let your brain catch up to your stomach. If you're still hungry, have more.
6. **Exercise is not a punishment for what you ate.** You do not need to work off the Thanksgiving meal or exercise for hours on end before the meal. Exercise should be joyful movement for your body. Go for a hike or a walk with the family or play tag with younger family members.