



# **NUTRITION & WELLNESS**

**Military Families Learning Network**

**Support Client Health through Intuitive Eating**  
**April 22<sup>nd</sup>, 2021; 11am-12:00pm EDT**

## **1.) Ten Principles of Intuitive Eating**

[10 Principles of Intuitive Eating | Intuitive Eating](#)

This website by the Intuitive Eating Pros discusses the ten main principles behind the theory of intuitive eating. Some of these principles include honoring one's hunger, using movement to feel energetic, and taking breaks to assess when one is full.

## **2.) How Eating Competence and Intuitive Eating Can Improve Your Relationship with Food**

[How Eating Competence and Intuitive Eating Can Improve Your Relationship with Food | The Brink | Boston University \(bu.edu\)](#)

This article from Boston University describes the basics of “eating competently” (eating without purposely avoiding any food groups) and intuitive eating (listening to one's body cues to eat or stop eating). It also discusses the recent increase of eating disorders during the COVID-19 pandemic and addresses the struggles of college athletes with body image.

## **3.) Intuitive Eating: Enjoy Your Food, Respect Your Body**

[4-IntuitiveEating-Handout.pdf \(unl.edu\)](#)

This informative PDF explains how one with diabetes can still enjoy eating intuitively while carefully monitoring one's glucose levels. It also describes how one can be “healthy at every size”, which includes the joy of movement and size and self-acceptance.

## **4.) Intuitive Eating Scale**

[Microsoft Word - Tylka IE Assessment2.doc \(benourished.org\)](#)

This interactive questionnaire asks about one's eating habits, causes of eating, and emotions behind eating certain foods. It then provides a scoring procedure that can guide one to learn about their attitudes towards food and eating.



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### **5.) The *My Body Knows When* Program Increased Intuitive Eating Characteristics in a Military Population**

[My Body Knows When Program Increased Intuitive Eating Characteristics in a Military Population | Military Medicine | Oxford Academic \(oup.com\)](#)

This peer-reviewed journal article concludes that the *My Body Knows When* program was successful in increasing reliance on hunger and satiety cues and decreased eating due to emotional reasons. This study took place among a military population.

### **6.) Ditch the diet! Intuitive eating might offer a better way to fuel your body and mind** CHAMP Human Performance Resources. This article discusses Intuitive-eating principles and strategies to practice.

<https://www.hprc-online.org/nutrition/performance-nutrition/ditch-diet-intuitive-eating-might-offer-better-way-fuel-your-body>

### **7.) Review Article - Relationships between Intuitive Eating and Health Indicators: Literature Review**

[Review Article Relationships between intuitive eating and health indicators: literature review | Public Health Nutrition | Cambridge Core](#)

This literature review discusses several peer-reviewed journal articles about intuitive eating and concludes that some benefits are that intuitive eating is linked to a lower BMI and improved psychological health. The review article also mentions that while intuitive eating may be challenging for some, it has been found to be a successful method to maintain weight.

### **8.) Mindful Eating for Weight Loss**

[Mindful eating for weight loss | HPRC \(hprc-online.org\)](#)

This organizational website created by CHAMP (Consortium for Health and Military Performance) walks through the trending strategy of mindful eating. Mindful eating involves recognizing the environment and the cues that cause us to eat. By eating slower and acknowledging what we are eating, we can eat healthier and enjoy our food more.



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### **9.) How to Use a Hunger Scale for Healthier Habits**

[How to use a hunger scale for healthier habits | HPRC \(hprc-online.org\)](#)

CHAMP discusses how one can avoid certain eating habits such as eating while distracted or eating too fast by rating their hunger on a scale from 1-10 (from starving to stuffed). By being aware of their hunger level, one can adjust their portions according to their hunger.

### **10.) The Difference Between Intuitive Eating and Mindful Eating**

[The Difference Between Intuitive Eating and Mindful Eating | Intuitive Eating](#)

This website by the Original Intuitive Eating Pros® (the authors of the first Intuitive Eating book in 1995) explains the differences between intuitive and mindful eating. The three main characteristics of intuitive eating include: eating for physical rather than emotional reasons, relying on internal hunger and satiety cues, and unconditional permission to eat. Mindful eating, on the other hand, is less broad and refers to eating while paying attention to what one is eating and slowly savoring it.

### **11.) Ten Principles of Intuitive Eating**

[10 Principles of Intuitive Eating | Intuitive Eating](#)

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### **References from the Webinar**

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