

The 10 principles of intuitive eating



- 1- Reject the Diet Mentality
- 2- Honor Your Hunger
- 3- Make Peace With Food
- 4- Challenge the Food Police
- 5- Discover the Satisfaction Factor
- 6- Feel Your Fullness
- 7- Cope with Your Emotions with Kindness
- 8- Respect Your Body
- 9- Movement - Feel the Difference
- 10- Honour Your Health - Gentle Nutrition

Intuitive Eating is a weight-inclusive approach that is aligned with the Health at Every Size (R) movement, evidence-based, and focused on global health and well-being using mind-body practices.

The 10 principles were developed by Evelyn Tribole, MS, RDN, CEDRD-S and Elyse Resch, MS, RDN, CEDRD-S in 1995 with the latest updates in 2020.