

# Virtual Intuitive Eating Series

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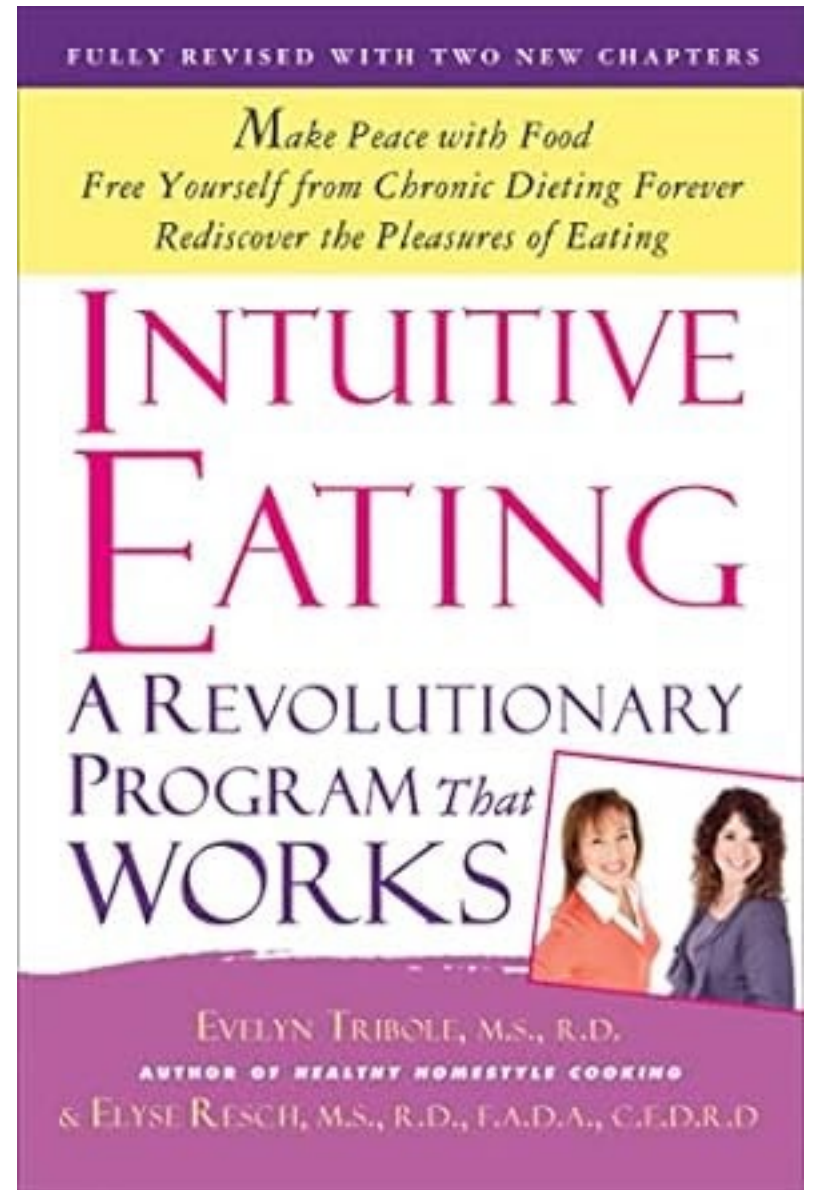
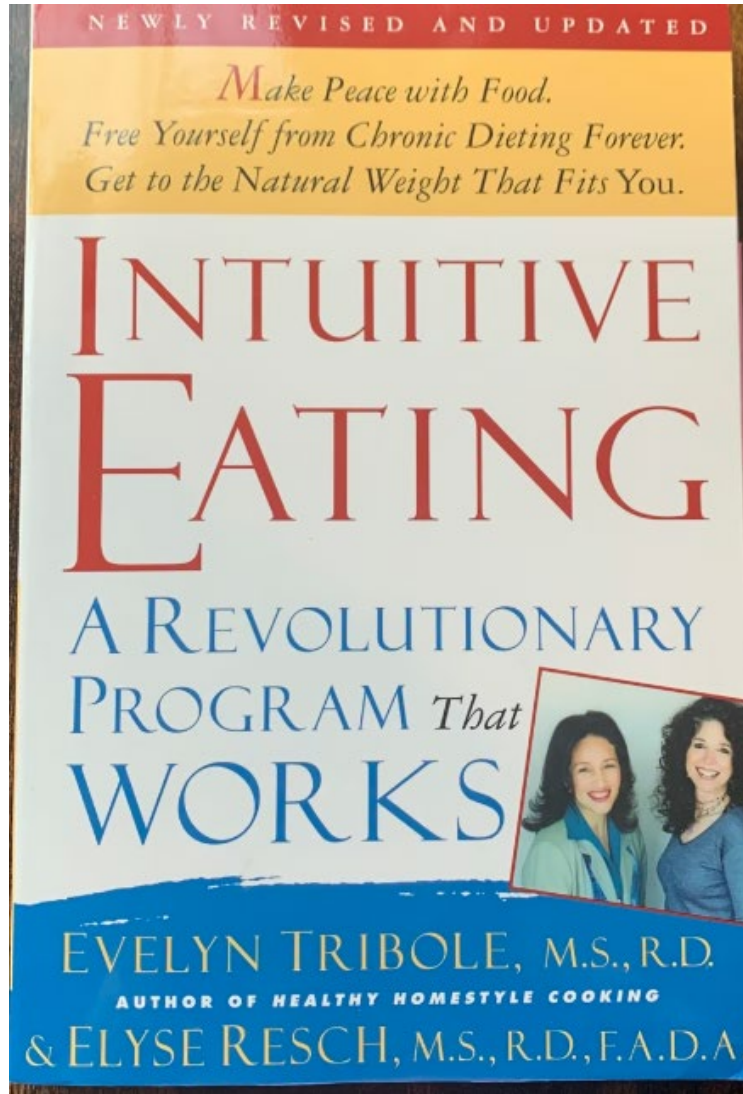
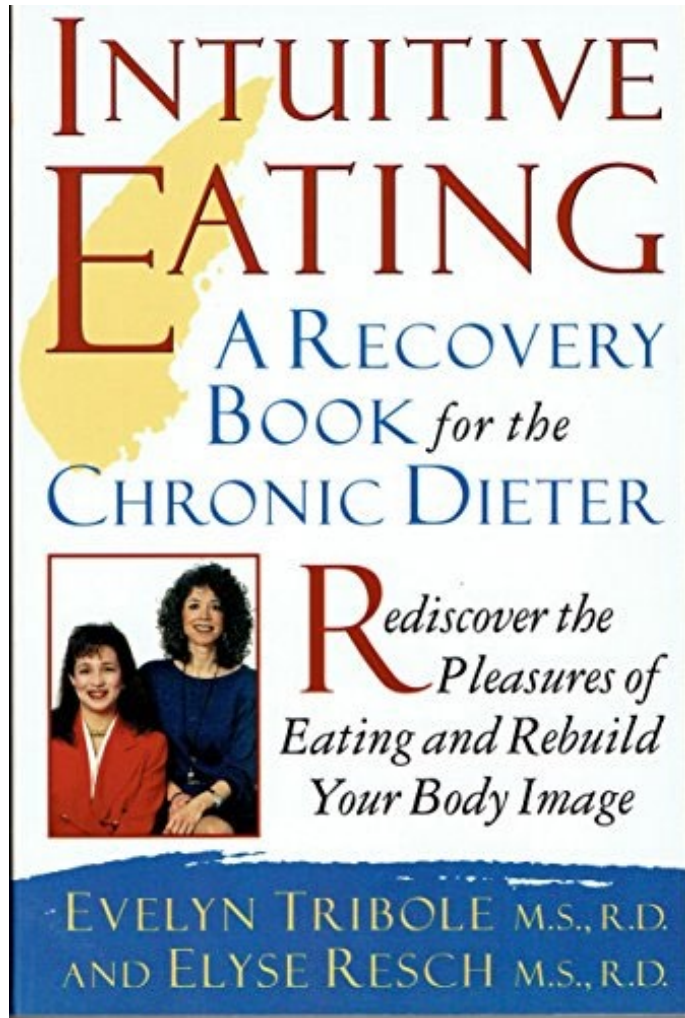


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FOURTH EDITION  
FULLY REVISED AND UPDATED

MAKE PEACE WITH FOOD

FREE YOURSELF FROM CHRONIC DIETING FOREVER

REDISCOVER THE PLEASURES OF EATING

# Intuitive Eating

OVER  
500,000  
COPIES  
SOLD

A Revolutionary  
Anti-Diet  
Approach



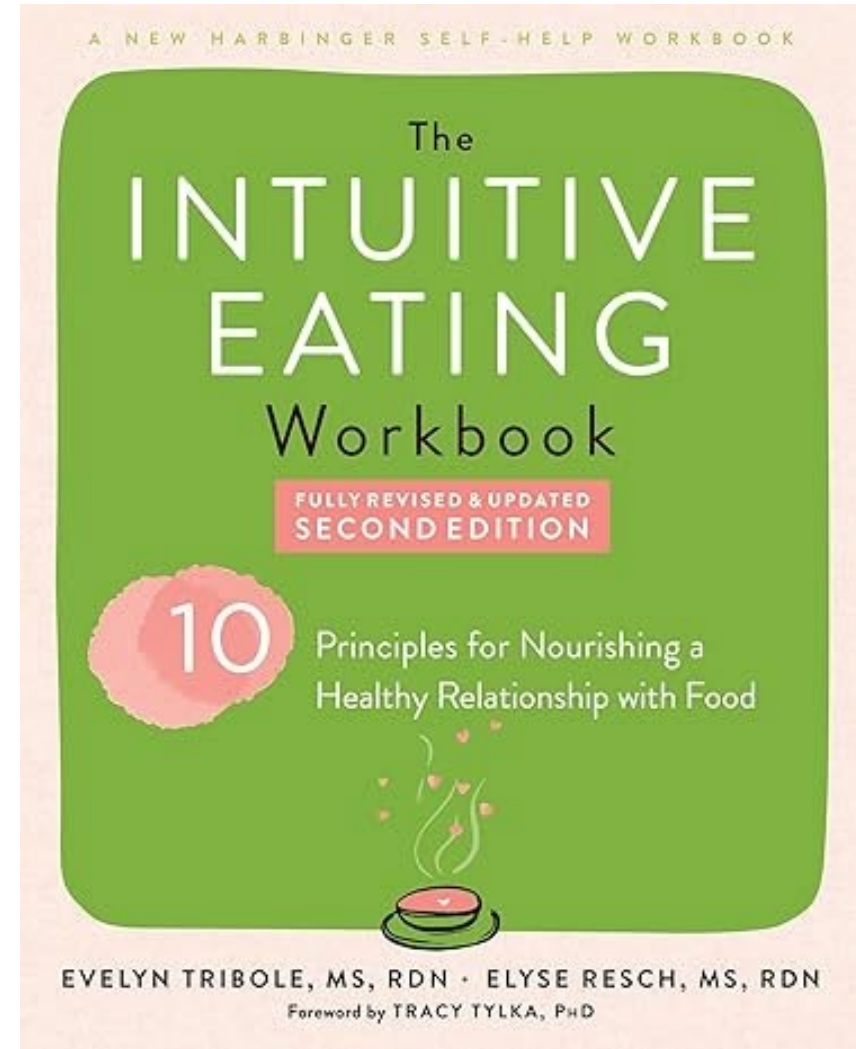
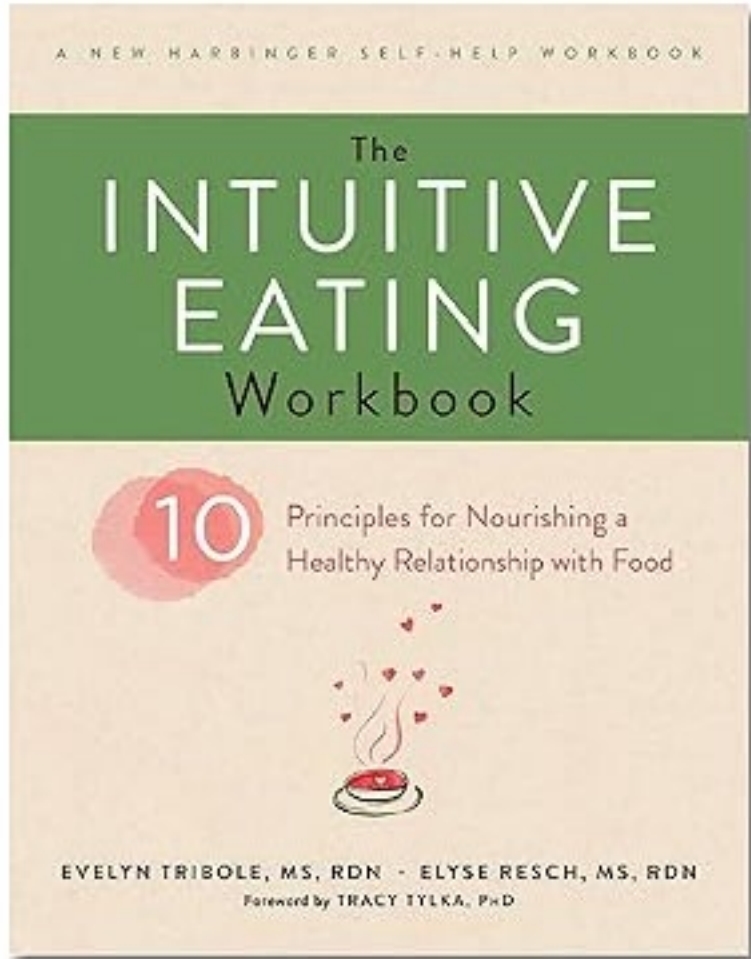
EVELYN TRIBOLE, MS, RDN, CEDRD-S  
ELYSE RESCH, MS, RDN, CEDRD-S, FAND



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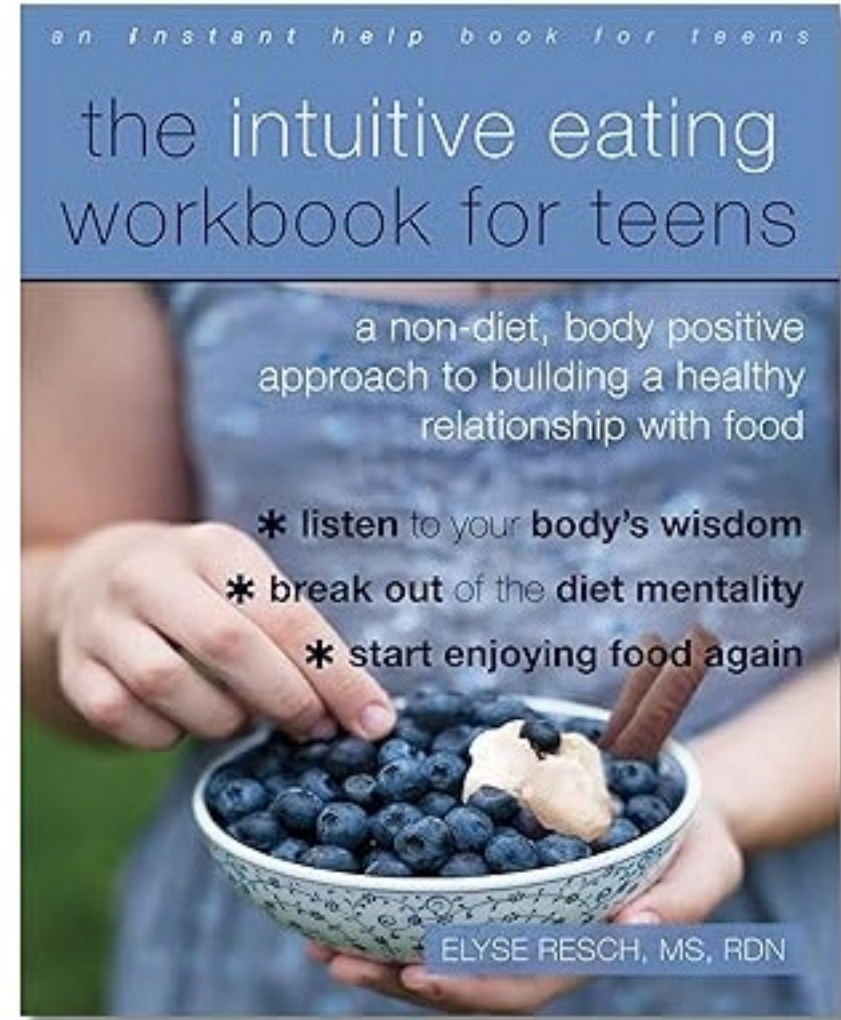
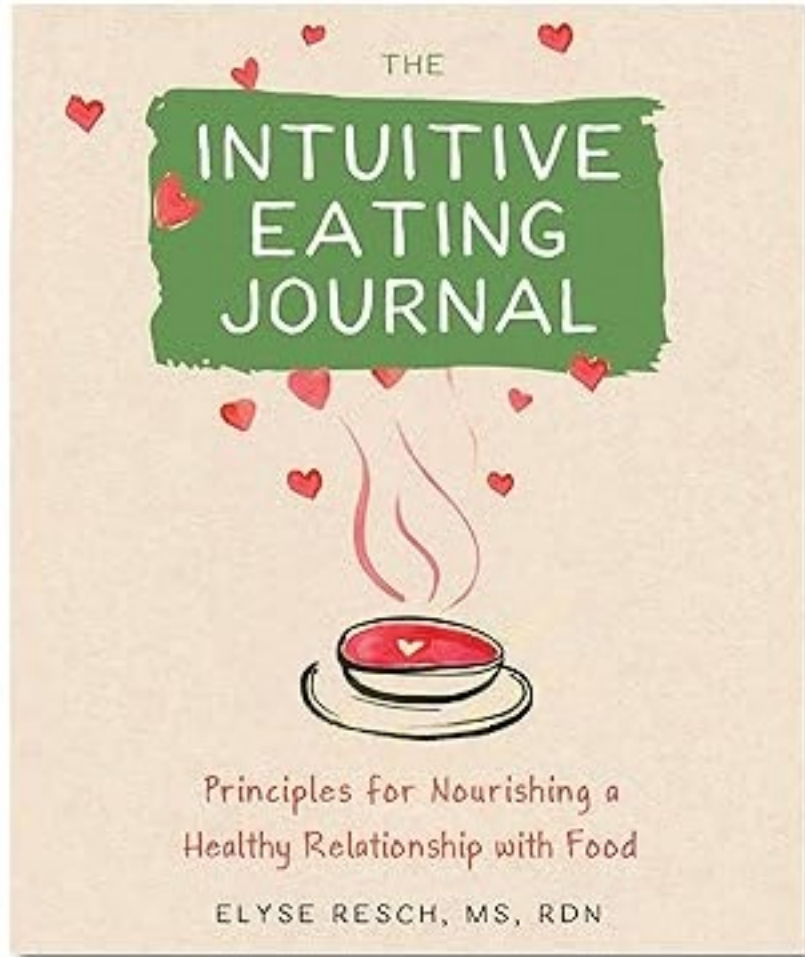
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# What is “Diet Culture”?

“Diet culture is a system of beliefs that:”

-Christy Harrison, MPH, RD, CEDS

Author and Host of Food Psych podcast



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# Diet Culture is...



“Worships thinness and equates it to health and moral virtue, which means you can spend your whole life thinking you’re irreparably broken just because you don’t look like the impossibly thin ‘ideal.’ ”



“Promotes weight loss as a means of attaining higher status, which means you feel compelled to spend a massive amount of time, energy, and money trying to shrink your body, even though the research is very clear that almost *no one* can sustain intentional weight loss for more than a few years.”



“Demonizes certain ways of eating while elevating others, which means you’re forced to be hyper-vigilant about your eating, ashamed of making certain food choices, and distracted from your pleasure, your purpose, and your power.”

Christy Harrison, MPH, RD, CEDS as quoted in *Intuitive Eating*, 4<sup>th</sup> edition, 2020



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# Diet Culture is...



“Oppresses people who don’t match up with its supposed picture of ‘health,’ which disproportionately harms women, femmes, trans folks, people in larger bodies, people of color, and people with disabilities, damaging both their mental and physical health.”

Christy Harrison, MPH, RD, CEDS as quoted in *Intuitive Eating*, 4<sup>th</sup> edition, 2020



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# Diet Culture

Diet culture teaches us to blame ourselves for a diet not being “successful” - that we didn’t follow it closely enough, that we don’t have enough “will power”, etc.

If you see a diet being promoted as “working” (resulting in weight loss), look at the sample size, whether or not the conditions would be maintainable long term in real life, and how long data was being gathered.



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# “The Intuitive Eater”

“Intuitive Eaters march to their inner hunger signals and eat whatever they choose in a satisfying way, without experiencing guilt or an ethical dilemma” (Tribole and Resch, 2020).



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# “The Intuitive Eater”

“Consider toddlers. They are the natural Intuitive Eaters- virtually free from societal messages about food and body image. Toddlers have an innate wisdom about food, if you don’t interfere with it. They don’t eat based on dieting rules or health, yet study after study shows that if you let a toddler eat spontaneously, they will eat what they need when given free access to food” (Tribole and Resch, 2020).



# Principles of Intuitive Eating are

- Guidelines, principles, not rigid
- Not new rules to be turned into a weight loss diet



# 10 Principles of Intuitive Eating

- Principle 1: Reject the Diet Mentality
- Principle 2: Honor Your Hunger
- Principle 3: Make Peace With Food
- Principle 4: Discover the Satisfaction Factor
- Principle 5: Feel Your Fullness



# 10 Principles of Intuitive Eating

- Principle 6: Challenge the Food Police
- Principle 7: Cope With Your Emotions with Kindness
- Principle 8: Respect Your Body
- Principle 9: Movement- Feel the Difference
- Principle 10: Honor your Health with Gentle Nutrition

