

# Principle 1: Reject Diet Culture

“Throw out the diet books, food plans, and articles that offer you false hope that food restriction or dieting, by any name you call it, will grant all of your wishes for a better life. Rather than getting angry at yourself, get angry at the lies from diet culture that have led you to feel as if you were a failure every time a new diet or food plan stopped working. If you allow even one small hope to linger that a new and better diet or food plan might be lurking around the corner, it will prevent you from being free to rediscover Intuitive Eating”

(Tribole and Resch, 2025)



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# Principle 1: Reject Diet Culture

“When you focus on weight, it interferes with the process of becoming an Intuitive Eater. Focusing on the scale or your weight immediately introduces an external factor, creating a wedge between your inner wisdom and eating choices” (Tribole and Resch, 2020).



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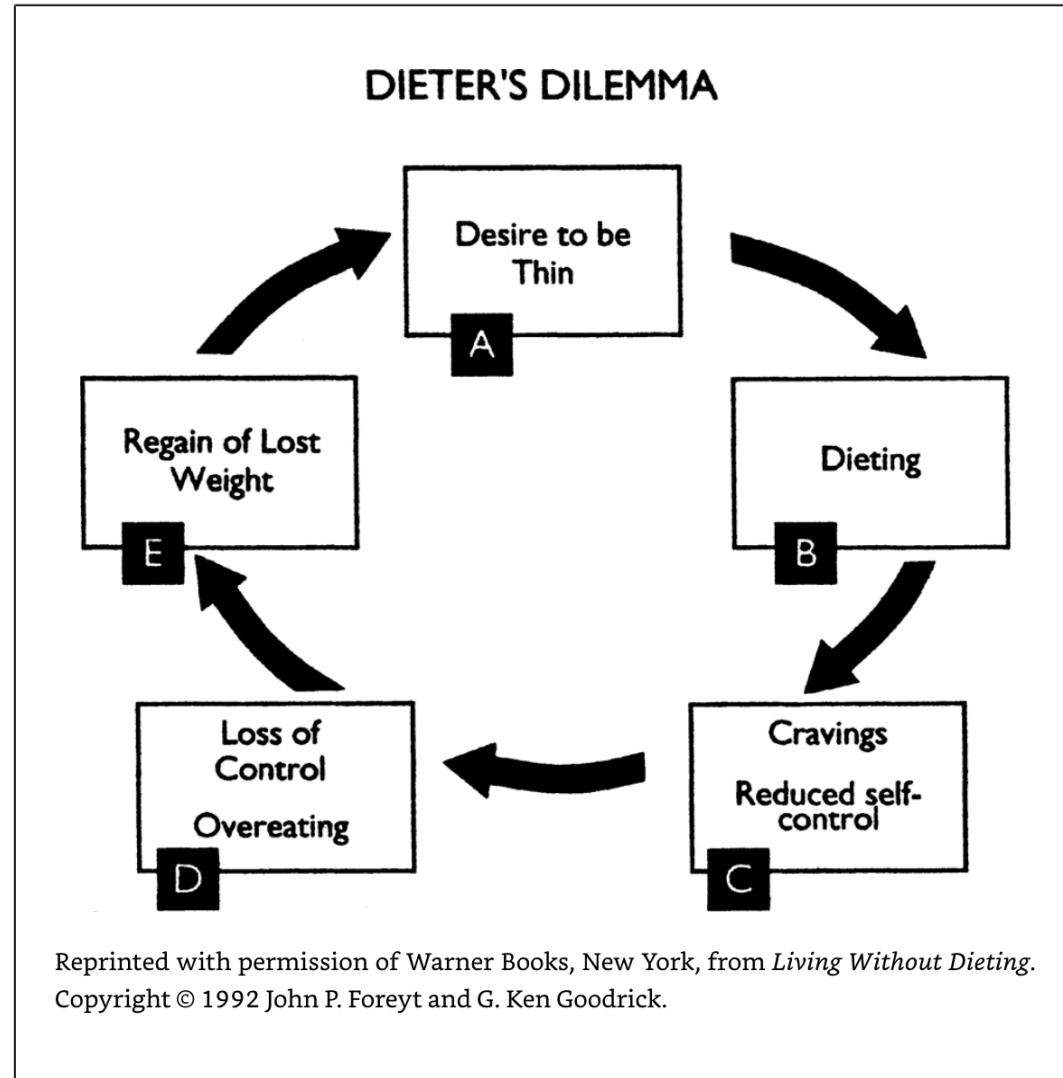
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# Dieting might include

- Counting calories and limiting calorie intake to a specific amount
  - Weighing or measuring food portion sizes
  - Rigid food rules: avoiding certain foods or types of foods that are identified as “unhealthy” or “bad” usually with the intention of weight loss
  - Using physical exercise to compensate for eating or to burn calories
- Weighing self on a scale or taking body measurements



From *Intuitive Eating*, fourth edition. Tribole and Resch, 2020.



## Inventory of How Dieting Has Interfered with Your Life

- **Physical Symptoms**

Physical health, connection to your body

- **Social Symptoms**

How it affects your social life and/or eating around people

- **Psychological Symptoms**

How it affects you mentally and emotionally

- **Behavioral Symptoms**

Eating behaviors you engage in

From *The Intuitive Eating Workbook*, second edition. Tribole and Resch, 2025.



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# Common fears

1

“Fear: If I stop dieting, I won’t stop eating.”

“Reality: Dieting is often the *trigger* to overeating.”

2

“Fear: I don’t know how to eat when I’m not dieting or following an eating plan.”

“Reality: When you banish food plans and become an Intuitive Eater, you will be eating in response to inner signals, which will guide your eating” (Tribole and Resch, 2020).



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From *Intuitive Eating*, fourth edition. Tribole and Resch, 2020.

SUMMARY: THE DIET MENTALITY VS. THE NONDIET MENTALITY		
Issue	Dieting Mentality	Nondiet Mentality
<b>Eating/food choices</b>	<ul style="list-style-type: none"> <li>• Do I deserve it?</li> <li>• If I eat a high-calorie food, I try to find a way to make up for it.</li> <li>• I feel guilty when I eat high-calorie foods or foods high in carbs.</li> <li>• I usually describe a day of eating as either good or bad.</li> <li>• I view food as the enemy.</li> </ul>	<ul style="list-style-type: none"> <li>• Am I hungry?</li> <li>• Do I want it?</li> <li>• Will I feel deprived if I don't eat it?</li> <li>• Will it be satisfying?</li> <li>• Does it taste good?</li> <li>• I deserve to enjoy eating without guilt.</li> </ul>
<b>Movement benefits</b>	<ul style="list-style-type: none"> <li>• I focus primarily on the calories burned.</li> <li>• I feel guilty if I miss a designated exercise day.</li> </ul>	<ul style="list-style-type: none"> <li>• I focus primarily on how movement makes me feel, especially the energizing and stress-relieving factors.</li> </ul>
<b>Progress is viewed as</b>	<ul style="list-style-type: none"> <li>• How many pounds did I lose?</li> <li>• How do I look?</li> <li>• What do other people think of my weight?</li> <li>• I have good willpower.</li> </ul>	<ul style="list-style-type: none"> <li>• My weight is not my primary goal or an indicator of my progress.</li> <li>• I have increased trust with myself and food.</li> <li>• I am able to let go of "eating indiscretions."</li> <li>• I recognize inner body cues.</li> </ul>

Be aware of claims related to “lifestyle”, “healthy”, and “wellness” especially if you are being advertised something promoting weight loss.

For example, WeightWatchers (WW) has people track points that are assigned to foods but gives a “Points Budget” with the intention of weight loss.



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