

# Principle 10: Honor Your Health with Gentle Nutrition

“Make food choices that honor your well-being, taste buds, and culture, while attuning to how your body feels. Remember that you don’t have to eat perfectly to be healthy. You will not suddenly get a nutrient deficiency from one snack, one meal, or one day of eating. It’s what you eat consistently over time that matters. It might be surprising for you to learn that what you eat and how you move your body only accounts for ten percent of your health. Progress, not perfection, is what counts”. (Tribole and Resch, 2025)



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# Other factors that affect health and longevity:



Social connection.



Adverse Childhood Experiences (ACEs)- potentially traumatic events that occur in childhood.



Social determinants of health- economic and social conditions that influence the health of people, including these factors: poverty, racism, where you live, having access to healthcare and clean water.

Summarized from *Intuitive Eating*, 4<sup>th</sup> edition. *Tribole and Resch, 2020*



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# Orthorexia



“...characterized by an unhealthy and rigid obsession with eating healthfully” (Tribole and Resch, 2020).



Not yet recognized as a medical/psychological diagnosis.



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# What is healthy eating?



“We define healthy eating as having a healthy balance of foods *and* having a healthy relationship with food.”



“Having a healthy relationship with food means you are not morally superior or inferior based on your eating choices.”



“Eating selection is not a reflection of your character.”

Tribole and Resch, 2020



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# Registered Dietitians

Registered Dietitians who have experience in Intuitive Eating, disordered eating, or eating disorders can give education about food and provide personal support.

Depending on the dietitian, this can be offered virtually or in person.



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