

Principle 3: Make Peace with Food

“Call a truce- stop the food fight! Give yourself unconditional permission to eat. If you tell yourself that you can’t or shouldn’t have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing. When you finally “give in” to your forbidden food, eating will be experienced with such intensity that it usually results in ‘Last Supper’ overeating and overwhelming guilt”.

(Tribole and Resch, 2025)



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Principle 3: Make Peace with Food

“The mere perception that food might become banned can trigger overeating. Just thinking about going on a diet can create a sense of panic and send you on a trail of eating every food that you think won’t be allowed” (Tribole and Resch, 2020).



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Deprivation and Guilt

- What foods do you currently forbid or restrict?
- What are your fears that might make you feel reluctant to give yourself permission to eat off-limit foods?



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



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Habituation

“Forbidden foods remain exciting and novel for dieters, because those foods are not subject to the habituation effect. Habituation explains what happens when you are repeatedly exposed to the same stimulus- whether it’s a car, relationship, or food. The novelty of it begins to wear off.” (Tribole and Resch, 2025).



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“Food addiction”

Notice if studies about “food addiction” include dieting, restricting, or deprivation of certain foods.

“Studies show eating ‘forbidden food’ decreases binge eating” (Tribole and Resch, 2020).



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“Five Steps to Make Peace with Food:”



1

“Pay attention to the foods that are appealing to you, and make a list of them.”

2

“Put a check by the foods you actually do eat, then circle the remaining foods that you’ve been restricting.”

3

“Give yourself permission to eat one forbidden food from your list, then go to the market and buy this food, or order it at a restaurant.”

4

“Check in with yourself to see if the food tastes as good as you imagined. If you find that you really like it, continue to give yourself permission to buy or order it” (Tribole and Resch, 2020).



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“Five Steps to Make Peace with Food” (continued):



“Make sure that you keep enough of the food in your kitchen so that you know that it will be there if you want it. Or if that seems too scary, go to a restaurant and order the particular food as often as you like” (Tribole and Resch, 2020).



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“Beware the ‘I Can Eat Whatever I Want, as Much as I want, Whenever I Feel like It’ Trap”

“Give yourself freedom to eat unconditionally, and eat as much as you need to satisfy your body.”

“Note what is not a satisfying experience and might cause physical discomfort.”

(Tribole and Resch, 2020)



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