

Principle 4: Discover the Satisfaction Factor

“The Japanese have the wisdom to promote pleasure as one of their goals of healthy living. In our fury to be thin and healthy, we often overlook one of the most basic gifts of existence- the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want, in an environment that is inviting and conducive, the pleasure you derive will be a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that you’ll eat the right amount of food to feel physically and emotionally satisfied”.

(Tribole and Resch, 2025)



How to Regain Your Pleasure in Eating

Step 1- Ask yourself what you *really* want to eat.



Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

How to Regain Your Pleasure in Eating

Step 2- Discover the pleasure of the palate (taste, texture, aroma, appearance, temperature, volume or filling capacity). Respect your individual taste buds.



Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020

How to Regain Your Pleasure in Eating

Step 3- Make your eating experience more enjoyable (make time to appreciate your food, try sitting down at the table or your desk, take several deep breaths before you begin to eat, pay attention to the sensations of eating, taste each bite of food that you put in your mouth, feel your fullness). Eat when pleasantly hungry rather than when overly-hungry. Eat in a pleasant environment (when possible). Avoid tension. Provide variety.



Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020

How to Regain Your Pleasure in Eating

Step 4- Don't Settle- You are not obligated to finish eating a food just because you took a bite of it.



Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

How to Regain Your Pleasure in Eating

Step 5- Check in: Does it still taste good? Rate the taste pleasure you get from the first few bites of a food from one to ten. Then stop halfway through the food and check your taste buds. Finally, rate the food when you're down to the last bite. You're likely to find that the numbers dimmish along with the food.



Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

It doesn't have to be perfect! It's not all or nothing. Sometimes honoring your hunger is the best your can do. Consider how being distracted while eating affects your experience of the food and your connection with your body.

