



“Intuitive Eaters march to their inner hunger signals and eat whatever they choose without experiencing guilt or ethical dilemma.”

- Evelyn Tribole, author of [Intuitive Eating](#)



INTUITIVE EATING

A Revolutionary Program That Works



Intuitive Eating

Intuitive Eating is an evidence-based approach that teaches how to create healthy relationships between mind, body, food and exercise. Since you may not be familiar with the term “Intuitive Eating”, you may be curious if Intuitive Eating (IE) can help you. To find out, ask yourself the following questions.

Do you:

- Restrict your diet or deprive yourself of certain foods, only to overeat/binge later?
- Find yourself pre-occupied with food and worrying about what you should be eating?
- Eat for reasons other than being hungry?
- Feel guilty about what you eat?
- Struggle with self- acceptance and body image?

If any of these questions sound familiar, then IE may be able to help you have freedom to eat and be healthy, without the need for chronic dieting!

How does Intuitive Eating work?

IE works by focusing on the following 10 principles:

- Reject the Diet Mentality
- Honor your Hunger
- Make Peace with Food
- Challenge the Food Police
- Respect your Fullness
- Discover the Satisfaction Factor
- Honor your Feelings without Using Food
- Respect your Body
- Exercise – Feel the Difference
- Honor your Health – Gentle Nutrition

Our Programs

If you are ready to stop dieting and be the expert of your own body, eating according to your body’s needs instead of what others tell you that you *should* be eating, we have programs to help.



We offer a four-session workshop each semester. In four 90-minute sessions, we provide education, activities, and support that help you gain an understanding of how to eat for *YOU!* If you are not sure if you are ready for the workshop, but involved in a group that could benefit from learning more about IE, go to our Health Education and Wellness website and request a program. We will come to your organization, residence hall or sorority with a 30-60 minute program introducing IE and the 10 Principles.

If you have individual questions or would like more information about our programs, email Registered Dietitian and Certified Intuitive Eating Counselor, Mandy Conrad at mconrad@saffairs.msstate.edu.

Contact Us

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