



# | Intuitive Eating

# Capital BLUE

- 01 Define intuitive eating
- 02 Identify principles of intuitive eating
- 03 Discuss eating habits that will help you take back control of you health

# Mindful Eating vs. Intuitive Eating

## Mindful Eating

- Deliberately paying attention to where you are, non-judgmentally, in the moment
- Being aware of thoughts, emotions, and physical sensations, in the present moment

## Intuitive Eating (IE)

- Inclusive of mindful eating
- Includes physical activity, rejecting dieting and respecting the body

# Intuitive Eating Principles

# Principles of Intuitive Eating

- 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 to feel the difference
- Honor your health

# Reject the Diet Mentality

- IE is not a “diet” or a “quick fix”
- If the newest or greatest program you hear about sounds too good to be true, it probably is!

# Honor Your Hunger

- Hunger is a biological need for adequate energy balance
- Listen to your internal signals for hunger and fullness, and honor those feelings

# Honor Your Hunger: Hunger Scale

## Hunger Scale

Hunger Level 1: Rumbling in stomach

Hunger Level 2: Rumbling increases;  
may feel mild burning sensation  
in stomach

Hunger Level 3: May have a slight headache

Hunger Level 4: Empty feeling in pit of stomach;  
may feel tired or agitated

Hunger Level 5: Lightheaded or dizzy;  
may be unpleasant to others  
around you



# Honor Your Hunger: Assessing Your Hunger

- Are you hungry? What is your level of hunger?
- What are you feeling emotionally?
- If you aren't hungry, what does your body need at this moment?

# Make Peace with Food

- Don't give food power over yourself
- Practice eating when hungry and stopping when full (hunger and fullness scales)
- Don't deprive yourself
- There are no "forbidden foods"

# Challenge the Food Police

- The Food Police monitor unreasonable rules that dieting has created
- Let go of the rules and the guilt

# Challenge The Food Police: Good vs. Bad

- Shrimp
- Fried chicken
- Butter
- Potatoes
- Peanut butter
- Beans
- Chocolate
- Ice Cream
- Avocados

- **List three reasons why you consider bad foods “bad”**
- **List three reasons why you consider good food “good”**

# Respects the fullness

- Listen to your body's signals of fullness
- Pause in the middle of your meal
  - How does the food taste?
  - Am I full?

# Respect the Fullness: Fullness Scale

## Fullness Scale

Fullness Level 1: Hunger begins to abate

Fullness Level 2: Satisfied but could eat  
a little more

Fullness Level 3: Comfortably full; satiated

Fullness Level 4: Uncomfortably full

Fullness Level 5: Very full, may feel sick or  
have stomach pain

# Discover the Satisfaction Factor

- Don't forget the pleasure and satisfaction the experience of eating can provide
- Eat what you really want
- Eat in an environment that is inviting
- Remember you can take less food and still feel satisfied

# Honor Your Feelings Without Using Food

- Find ways to comfort, nurture, distract and resolve feelings without food
- Food may distract for the short term but will not “fix” or solve problems
- Ultimately, dealing with the source of the emotion will move you forward



# Honor Your Feelings Without Using Food

- Deep Breathing
- Guided Imagery
- Meditation
- Stretching
- Progressive Muscle Relaxation
- Aromatherapy
- Sunlight and outdoor activity
- Exercise
- Yoga/Pilates/Tai Chi
- Therapy

# Respect Your Body

- Let go of unrealistic (or unhealthy) expectations of body size
- Forget about the scale and focus on how great you feel
- Refocus on health vs. focusing on the number on the scale or clothing size

# Exercise (to Feel the Difference)

- Shift your focus from “have” to exercise to “want” to exercise
- Find an activity that you love and makes you feel good
- Exercise should increase your physical activity and mental well-being
- Exercise is NOT a punishment!

# Honor Your Health

- Make food choices that honor your health and taste buds
- There is no such thing as a “perfect diet”
- It’s what you eat consistently over time that matters
- THINK: Progress, NOT Perfection!

Take Back Control

# Intuitive Eating Tips

- Let hunger/fullness drive eating and stopping
- Let go of the “diet mentality”
- Re-focus the attention on health
- Avoid distractions when eating

# A Practice of Eating Mindfully-Activity

- Before a meal or snack, become aware of the food
- Pay attention to all aspects of the food
- Tune into your body when you eat
- Be aware of all the activities that surround food and eating

# Mindful Suggestions

- Eat sitting down
- Create ambiance
- Eat without distractions (work, computer, TV)
- Try to make a meal last at least 20 minutes
- Don't eat from a bag
- Use a smaller plate
- Do not skip meals
- Plan meals and snacks ahead of time
- Honor your hunger and fullness



## Next Steps

# What Are You Taking Away?

- What about intuitive eating is important to you?
- When looking forward, what do you envision for yourself?
- From this presentation, what is one thing you are taking away?



# Resources

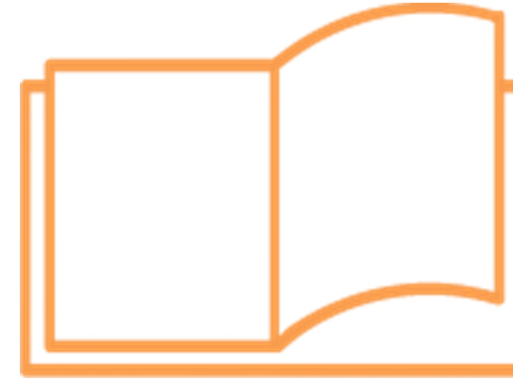
# Resources

## Case Management

- 888.545.4512

## CapitalBlueCross.com

- Healthwise® Knowledgebase
- Capital BlueCross Nurse Line and Chat
  - 800.452.BLUE (2583)
  - Chat with a nurse through your secure member portal
- Blue365®
- MyCare Finder



On behalf of Capital BlueCross, Healthwise® assists in the promotion of health and wellness by providing educational material. Healthwise is an independent company.

The Blue365® program is brought to you by the BlueCross and BlueShield Association. The BlueCross and BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that Members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies, its contracts with Medicare, or any other applicable federal health care program.

## Disclaimer

The information provided is meant for a general audience. It is not a substitute for services or advice received from your healthcare providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your healthcare provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any healthcare service, please refer to your Certificate of Coverage or Evidence of Coverage or call Member Services at the toll-free number on your member ID card.

# Disclaimer

Capital BlueCross and its family of companies comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you, or someone you're helping, has questions about your health plan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 800.962.2242 (TTY: 711).

Spanish — Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de su plan de salud, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 800.962.2242 (TTY: 711).

Chinese — 如果您，或是您正在協助的對象，有關於您的健康計劃方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 800.962.2242 (TTY: 711)。

Thank you