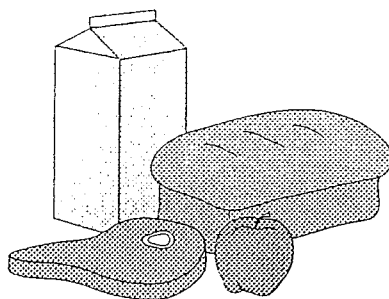


How to become an "INTUITIVE EATER"

If you eat only when you're hungry, if you don't feel guilty about what you're eating, and if you stop eating when you're full - you are an "intuitive eater."

TIPS ON HOW TO CHANGE

- **Reject the "diet mentality."** Throw out the diet books and magazine articles that make rosy promises. If you allow even one small hope to linger that "a new and better diet" is just around the corner, you won't be free to discover intuitive eating.
- **Honor your hunger.** Keep your body well-fed; otherwise, you can trigger a primal drive to overeat. If you become very hungry, all your good eating intentions will vanish.
- **Make peace with food.** Give yourself unconditional permission to eat.
- **Respect your body.** Accept your genetic blueprint. It's difficult to reject the diet mentality if you're overly critical of your body shape.
- **Feel your fullness.** Listen to your body for signals that you are no longer hungry. Pause in the middle of eating and ask yourself how the food tastes and what your current "fullness" level is.
- **Discover satisfaction.** When you eat what you really want in a pleasant environment, you feel satisfied and content. By giving yourself this experience, you'll find that it takes much less food to decide when you've had enough.



- **Cope with your emotions without using food.** Find non-food ways to resolve stress, frustration, fatigue, anger, loneliness, etc. (Note: A little brisk exercise can relieve all these feelings.)
- **Challenge the food police.** Put your foot down and say "No!" to thoughts that say you're "good" for skipping lunch or "bad" because you ate a piece of cake.
- **Exercise.** Keep it simple - a little goes a long way. Try 15 minutes of exercise before work, and 15 minutes before dinner. If you can't get to the Y or health club, walk around your neighborhood, or buy a quality treadmill for your home.
- **Honor your health.** Make food choices that honor your health and your taste buds - while making you feel good.

Source: Intuitive Eating: A Recovery Book for the Chronic Dieter, Evelyn Tribole and Elyse Resch, \$21.95.

“Professionals built the Titanic; amateurs built the Ark.”

OK, WHAT KIND OF EATER ARE YOU?

Diet experts say the "intuitive eater" is the category we should be in.



INTUITIVE EATER

Trigger: Biological hunger. Makes food choices without facing any guilt or any ethical dilemmas. Honors hunger and respects fullness.



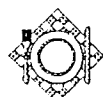
EMOTIONAL UNCONSCIOUS EATER

Trigger: Uncomfortable emotions. Stress or uncomfortable feelings trigger eating - especially when alone.



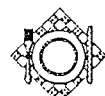
UNCONSCIOUS EATER

Trigger: Eating while doing something else. Often unaware that he or she is eating, or how much is being eaten. Many subtypes.



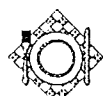
CHAOTIC UNCONSCIOUS EATER

Trigger: Overscheduled life. Eating style is haphazard. Person eats whenever food is available.



REFUSE-NOT UNCONSCIOUS EATER

Trigger: Presence of food. Especially vulnerable to candy jars and food served at meetings.



WASTE-NOT UNCONSCIOUS EATER

Trigger: Free food. Susceptible to all-you-can-eat buffets and free food.



CAREFUL EATER

Trigger: Fitness and health. Appears to be the perfect eater, yet agonizes over each morsel.



PROFESSIONAL DIETER

Trigger: Feeling fat. Perpetually dieting; often tries the latest commercial diet or diet food.