



Well Powered Living 2.0

Healthy Eating

I. Intuitive Eating

- An intuitive eater is defined as a person who “makes food choices without experiencing guilt or an ethical dilemma, honors hunger, respects fullness and enjoys the pleasure of eating.”
- Principle 1: Reject the Diet Mentality. (Borrowed from: “Intuitive Eating: A Revolutionary Program That Works” by Evelyn Tribole and Elyse Resch)

Activity 1:

Circle the diet mentality that applies to you. Fill in a non-diet mentality that you can replace it with.

Issue	Diet Mentality	Non-Diet Mentality
Eating/ Food Choices	<ul style="list-style-type: none"> • Do I deserve it? • If I eat a heavy food, I make up for it. • I feel guilty when I eat ... • I usually describe a day of eating as good or bad • Food is the enemy 	
Exercise Benefits	<ul style="list-style-type: none"> • I focus primarily on the calories burned • I feel guilty if I miss a designated exercise 	
Progress is viewed as:	<ul style="list-style-type: none"> • How many pounds I lost? • How I look? • What other people think about my weight? • If I have good willpower? 	



II. Adopt Healthy Behaviors

- Don't skip meals
- Snack smarter
- Drink more water
- Focus on whole foods

Activity 2: Fill in the whole food alternative

Eat This	Not This
	Veggie chips
	Orange drink
	Store bought cookies
	Yogurt sticks
	Flavored instant oatmeal
	Flavored rice



III. Focus on health not weight

Activity 3: List the benefits of eating healthy other than weight loss or gain

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

IV. Summary:

- a. Ditch the diet mentality and focus on healthy behaviors instead
- b. Swap processed foods for whole foods
- c. Start with 1-2 small behaviors (don't crash diet!)
- d. Track non-weight related progress

Healthy Eating Ritual:
