

# What is Intuitive Eating?

Intuitive eating is trusting your internal hunger and fullness cues and using them to help you decide what and how much to eat.

## Research shows intuitive eating can be associated with:

Positive body image



Lower rates of eating disorders



Higher general well-being



### Here are the principles of intuitive eating:<sup>1</sup>

- Break free from a **“diet mindset”** because many diets can be hard to follow
- Listen to your hunger and fullness signals
- Understand you are not **“good”** or **“bad”** based on your food choices
- Enjoy eating foods that taste good and are good for you
- Look for effective ways to process your emotions without food
- Understand what makes you crave food and learn how to be mindful of your cravings
- Respect your body and recognize that family traits can play a role in the way your body looks
- Focus on how your body feels after exercising and moving more

### Additional programs to help

You might be eligible to join a weight and lifestyle management program.

#### Choose between two programs

Two different online programs are available: Wondr™ and Real Appeal®.

Eligible individuals can participate in one program at a time, but your HealthSelect plan will not cover your participation in both programs at the same time. Enrollment eligibility is not guaranteed.

#### Who is eligible

You are eligible if you are:

- an employee, retiree or dependent enrolled in a HealthSelect<sup>SM</sup> medical plan (excluding Medicare-primary participants),
- 18 or older, and
- have a BMI of 23 or higher.

For information on Wondr and Real Appeal, visit [healthselectoftexas.com/condition-management/weight-lifestyle-management-programs](https://healthselectoftexas.com/condition-management/weight-lifestyle-management-programs) or scan the QR code.



<sup>1</sup>Evelyn Tribole, Elyse Resch, St. Martin's Press, 1995

## Food for Thought

Use this worksheet to reflect on thoughts and ideas you have about food rules and diets.



**What diets have you tried?**

**Has any diet led to a permanent behavior change for at least five years? Explain.**

**What food rules do you follow?**

**What foods do you consider "good"?**

**What foods do you consider "bad"?**

**What foods do you enjoy that can be both nutritious and satisfying?**

## Know Your Triggers

Understanding specific places or situations that trigger a desire to eat a particular thing or in a particular way.



Triggers	How I typically react (Learned behavior)	New behavior I can start (Unlearned behavior)	Number of times this happens each week	# of Times I Reacted Typically	Number of times I started the new behavior
<b>Situation Triggers</b> 					
<b>Thought Triggers</b> 					
<b>Emotional Triggers</b> 					
<b>Social Triggers</b> 					
<b>Trigger Foods</b> 					

## Food Journal and Fullness Cues

Using the cues scale to the right. Rate how you felt before and after each meal.

Week 1		Before	After
Day 1	Breakfast		
	Lunch		
	Dinner		
	Snacks		
Day 2	Breakfast		
	Lunch		
	Dinner		
	Snacks		
Day 3	Breakfast		
	Lunch		
	Dinner		
	Snacks		
Day 4	Breakfast		
	Lunch		
	Dinner		
	Snacks		
Day 5	Breakfast		
	Lunch		
	Dinner		
	Snacks		
Day 6	Breakfast		
	Lunch		
	Dinner		
	Snacks		
Day 7	Breakfast		
	Lunch		
	Dinner		
	Snacks		

### Honor your hunger cues

1. So starved you're weak or dizzy
2. Extremely hungry and feeling irritable; lots of stomach growling
3. Less hungry; hungry enough for occasional stomach growling
4. Mildly hungry; often following a light snack
5. Satisfied; feeling neither hungry or full
6. Mildly full with no discomfort
7. Full enough for mild discomfort
8. Full enough for more noticed discomfort
9. **"Thanksgiving stuffed,"** possibly with extreme discomfort
10. Filled to the point of feeling sick

Wondr and Real Appeal are independent companies that provide wellness services for HealthSelect of Texas and Consumer Directed HealthSelect. They are solely responsible for the products and services that they provide. Your acceptance is not guaranteed.

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