Let’s Get Intu-it!

Most people have tried some form of dieting at one time or another, but have you heard about the practice of intuitive eating? This practice suggests that there is a better path to health than following a strict set of dieting rules, and it involves relearning how to listen to what your body is saying. Take the quiz below to gain insight about your relationship with food.

Dieting Blues ~OR~ Internal Cues

Circle the statements below that most often apply to you:

- I eat when I am bored, sad, or stressed
- There are “forbidden” foods that I do not eat
- I choose foods because I am worried about my weight
- I stop eating when I finish all the food on my plate
- I eat while studying, or looking at screens
- I use my weight as my primary measure of health

- I eat when I feel hungry
- I eat foods that I like and are satisfying
- I choose food that tastes good and gives me energy
- I stop eating when I am satisfied
- I eat with intention and purpose
- I use how my body feels as a measure of my health

Which column (left or right) did you circle most often? Flip for results.

Now that you have taken the quiz, let’s talk about the results:

Dieting Blues:

- There is no need to join the “clean plate club”. In time, you will master the art of nourishing your body in an intuitive way.

Internal Cues:

- There is no need to rely on external cues to tell you what, when, and how much to eat.

That’s enough reading for now, go enjoy your meal!

References:

- The Original Intuitive Eating Pros Available at: https://www.intuitiveeating.org Accessed on: 2/4/22

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