

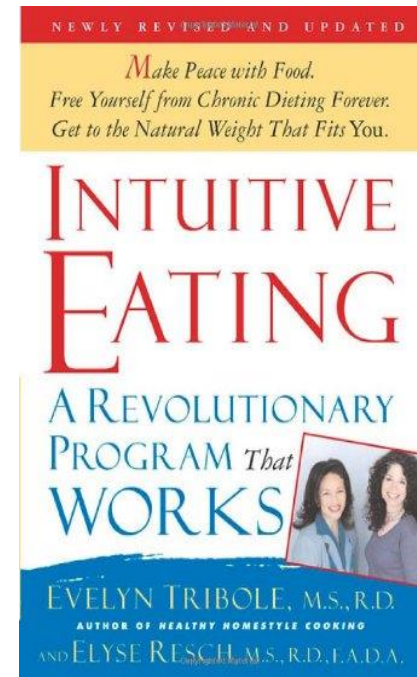
Intuitive Feasting



Anita Bermann, MS, RDN, CD

Intuitive Eating

- Helps create a healthy relationship with food by teaching body wisdom and body trust
- Not a diet!
- Respects hunger and fullness
- Allows for contentment after eating
- Requires **unconditional permission to eat**



Giving Permission

- There are no foods you *can't* have
- You *can* eat anything you like
- Choose foods based on how they make your body feel
- Take pleasure in the foods you eat
- Enjoy your food the first time!

Rigid Nutrition?

- Is a food good for you?
- It all depends on how you use it.
- Foods are morally neutral.

Good Food/Bad Food

- No food is morally good or bad!
- Some foods are more nutrient dense, and some less.
- We are not good or bad people for choosing certain foods.
- Repentance (shame) is not helpful.



Pleasure Is OK

- A study:
 - Snack eaten before a movie
 - Vs: snack eaten during a movie
 - Snack eaten during movie had lower gut motility, lower enzyme output, and overall inefficient digestion!



Giving Permission

- There are no foods you *can't* have
- You *can* eat anything you like
- Choose foods based on how they make your body feel
- Take pleasure in the foods you eat
- Enjoy your food the first time!



Practice: **Chocolate/Raisin Tasting**



Mindful Eating: with Pleasure!

- Slow, relaxed
- Chewing and digesting
- Savoring
- Respecting hunger and fullness
- Providing and appreciating nourishment
- Respecting all senses

Separate *Food* and *Feelings*

- Permission to eat is *not* permission to avoid facing your feelings
- Check in with emotional state before eating
- Consider: Is food the best solution? Are there other solutions?
- Practice acceptance, non-judgement

Enjoying Winter Feasts



- Eat with pleasure! Notice hunger, fullness, and feelings.
- Full permission: you can always have more later.

Conclusion



“The boundary of what we can accept [in ourselves] is the boundary to our freedom.”

~Tara Brach

Intuitive Feasting



Appointments:

anita@idealfeastnutrition.com

206-913-8715

Anita Bermann, MS, RDN, CD