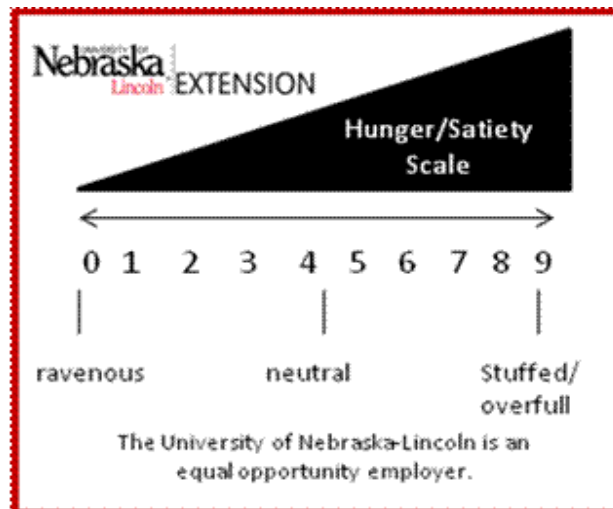


Intuitive Eating: Enjoy Your Food, Respect Your Body... Key Points

1. There is no need to see food as your _____.
2. So here is the first piece of advice: Don't _____ yourself!
3. You can _____ how to manage your blood glucose and nourish yourself better.
4. Food actually tastes better when you are _____.
5. The first step in becoming an _____ is to shift away from external rules about when you should eat and to learn to listen to your body's internal cues.
6. But keep in mind that if there is not physical hunger signal to start eating, there will be no internal signal to _____.
7. Remember, it takes _____ and _____ to develop the skills of intuitive eating.



Hunger and Satiety Scale

0. Ravenously hungry
1. Feel like ordering everything on the menu
2. Preoccupied with hunger, everything on the menu looks good
3. Feel hungry and the urge to eat is strong
4. Feel a little hungry – can wait to eat
5. Neutral, not hungry but not full
6. Sense food in your belly, could eat more
7. Hunger is gone – if you stop here, you may note feel hungry for 3 to 4 hours
8. Not uncomfortable, definitely full belly
9. Moving into uncomfortable
10. Very uncomfortable, maybe even painful

Karin, Katrina, *Moving from Diets*, adapted for *A New You* by Wellness in the Rockies and University of Wyoming Cooperative Extension Service, Family and Consumer Sciences. IFAFS Award 0004499, USDA, www.uwyo.edu.winterockies