Intuitive Feasting

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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.
• 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.
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

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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
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