**Intuitive Eating Tips**

**Make eating mindful**
- Have regularly scheduled eating events
- Choose a spot at home just for eating, maybe the dining room or kitchen table
- Relax while eating and use all your senses to best enjoy your meal
- Avoid grazing, nibbling, and picking throughout the day, set out your portion and put the container/bag away
- Avoid distractions when eating like watching TV or being on the computer/phone
- Avoid eating out of habit or from behavioral triggers like boredom, stress, and emotions
  - Instead try: exercise, reading a book, calling a friend, try a new hobby

**Plan ahead**
- Pack food and fluids for busy days
- Use a cooler or insulated bag to carry food
- Bring your own food to social events if you aren’t sure what will be served
- Use measuring cups, measuring spoons, or hand models to understand appropriate portion sizes

**Listen to your stomach**
- Stop eating at the first sign of fullness
- Eat slowly, take small bites, and chew thoroughly
- Set your fork down in between bites
- Foods high in protein and fiber help control hunger so fill up on these foods first

**Keep a food log**
- When you write it down, you are being more mindful about what you choose to eat or drink and why
- Take note of how you feel when eating and drinking. Are you eating because you are stressed or tired, or are you eating because your stomach is hungry?

**Modify food shopping habits**
- Avoid grocery shopping on an empty stomach
- Make a shopping list and stick to it
- Most whole unprocessed foods are found along the outer edge of the store. Avoid temptation by avoiding the aisles
- Buy only the items that are necessary for you and your family

**Find exercise/movement you enjoy**
- Look into different classes - yoga, Pilates, kickboxing, ballroom dancing, spin class, water aerobics, etc. Classes can be in-person, online streaming or on DVD
- Get outside and try hiking, biking, walking, or jogging. Take a friend or dog with you!

**Restaurants**
- Call the restaurant in advance for a preview of the menu. Many chain restaurants post their nutrient information online
- Don’t be afraid to ask for special orders like food to be baked or broiled without added butter or fat
- Try ordering one dinner and splitting it with a friend or spouse
- Ask that bread or rolls be removed from the table to avoid overeating before the main meal arrives

Outpatient Dietitian, Clinical Nutrition Therapy
816-404-4633 | www.trumed.org/services/weight-management