



What is Normal Eating?

In a society so focused on weight loss and quick fix diets, many people enter the cycle of dieting; restricting food and losing weight, then overeating and gaining the weight back...over and over. **This weight cycling slows down your metabolism and makes it difficult to maintain or lose weight and most of the time results in more weight gain.** Are you tired of dieting? Are you ready to trust your body and learn the rules of "normal" eating?

Normal eating is...

1. Eating when you are hungry/have a craving and stopping when you are full.
2. Choosing foods you believe will satisfy you and eating until you truly get enough- not just stopping because you think you should.
3. Eating with awareness and enjoyment.
4. Giving yourself permission to eat sometimes because you're happy, sad, or bored, or just because it feels good.
5. Eating three meals a day plus some snacks from a variety of foods.
6. Overeating sometimes and feeling stuffed and uncomfortable, but not ashamed.

Most importantly, normal eating is **flexible**. It varies depending on your hunger, your schedule, and your feelings. Our bodies work, so trust them to tell you when, what and how much to eat!

Normal eating is NOT...

1. Following rigid eating rules such as I can have/ I can't have or only eating at certain times.
2. Eliminating certain food groups or nutrients (carbs/fats).
3. Restricting how much you eat and counting calories or fat grams.
4. Feeling ashamed or guilty after eating.
5. Believing there are good foods and bad foods.

Want more?

To learn about intuitive eating check out the "Intuitive Eating" handout, and read ***Intuitive Eating* by Evelyn Tribole and Elyse Resch**. For more on normal eating check out the Ellyn Satter Institute <http://www.ellynsatterinstitute.org> and read ***The Rules of "Normal" Eating* by Karen Koenig**.

*References: Ellyn Satter Institute, *The Rules of Normal Eating* by Karen Koenig, and Mya Kwon RD.