



Mindful-Intuitive Eating

- 1) Freedom to eat all foods**
(without judgment or compensation)
- 2) Honouring hunger and fullness**
(the body's natural start & stop signals)
- 3) Transcending non-hungry eating cues**
(e.g., emotional & environmental)
- 4) Having body-food choice congruence**
(eating in a way your body likes)
- 5) Being present when eating**
(and undistracted)