

## The non-diet approach & Intuitive Eating

The Non-Diet Approach is a proven method that teaches you how to eat mindfully and intuitively again. Intuitive eating means you trust your body with when to eat, what to eat and how much to eat as explained in detail below. A key aim of the non-diet approach is get you out of the diet and weight loss cycle.

### Key Aims of The Non-Diet & Intuitive Eating Approach:

- **Heal your relationship with food**
- **Heal your relationship with your body**
- **Reduce or resolve non-hungry eating or binge eating**
- **Enjoy all food without feeling guilt or shame**
- **Enjoy eating out without anxiety over what to eat**
- **Move from a place of body discomfort to body comfort**

**When to eat:** This means trusting your appetite to guide you when it's time to eat. It's not unusual to eat because it's a mealtime, because others are eating, there's food in front of you, or just in case you become hungry, rather than because you are actually hungry. If you have spent many years dieting and eating according to a set plan or number of calories, you may have been disconnected from your hunger signals and our dietitians will help you reconnect with these.

**What to eat:** This means trusting and understanding your hunger to choose food that you really feel like eating and that you know will truly satisfy you. Often it's only once you allow yourself to eat without restriction, that you find yourself choosing nourishing food most of the time. If you have dieted, or avoided certain food for many years, you may have lost touch with what food you truly enjoy and our dietitians will help you rediscover what food you enjoy food and the pleasure of eating that food.

**How much to eat:** Rather than weighing your food, or eating the amount someone else has dictated, you will learn to trust your hunger and fullness signals to know what is the right amount for you at any given moment. Our dietitians will guide you through a series of activities to help you understand how much you need to eat to meet your energy needs and maintain a weight that's healthy for your body.

You are not asked to follow a meal plan, weigh food portions or keep a food diary. If you have tried doing all these things before without long-term success, or if you struggle to follow plans or keep food diaries, then the Non-Diet Approach may just be what you're looking for.

If you are confused about what food is truly nourishing and what constitutes moderation, you will learn this through the process of learning to eating intuitively. Our dietitians will happily provide recipes and meal ideas to guide you initially if you feel you need them.

### **Mindful eating**

Mindfulness, or awareness, is a fundamental ingredient in the Non-Diet Approach. The process involves mindful eating practises where your homework is to eat and enjoy your favourite food! We will also discuss mindfulness as a powerful tool much more broadly.

### **Meal plans**

We generally don't use meal plans, as in most instances they are really just another diet. If you have ever lost weight using a meal plan, be that from a dietitian, off the internet or from a book, only to regain the weight at a later stage, then this is no different to dieting. Having used meal plans through the earlier years of my practice, and seen my clients go through this, I am now a firm believer that meal plans are the not answer for the majority of people. There are some circumstances where they may be necessary in the short term, but for most people they will just be another form of diet.

Whether you are looking to completely overhaul your diet or just fine tune your eating for better health, the Non-Diet Approach offers a unique way to do this without having to restrict certain food or follow a strict regime. The Non-Diet Approach is suitable if you need assistance with any of the following:

- **General health & fitness**
- **Yoyo dieting**
- **Feeling unhappy with your body**
- **Non-hungry eating**
- **Emotional or binge eating**
- **Pregnancy**
- **Increased energy levels**
- **High cholesterol, blood sugar or impaired glucose tolerance**
- **Any diet related medical condition**

If you would like to know more about what the sessions involve, please contact us on 0419 585 415 or through the website [www.lovewhatyoueat.com.au/contact-us](http://www.lovewhatyoueat.com.au/contact-us)

If you would like to look into the ever growing body of evidence with this approach, please visit our research page:

[www.lovewhatyoueat.com.au/the-non-diet-approach-research](http://www.lovewhatyoueat.com.au/the-non-diet-approach-research)  
or [www.healthnotdiets.com](http://www.healthnotdiets.com) to learn more.

