Intuitive Eating
What Every Health Professional Needs to Know

Evelyn Tribole, MS, RD
Billings, Montana
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Objectives

- 10 Principles
- Key Studies
- Obstacles
- Application

Brief History & Influences

Consumer Book
- 2003, 2nd ed.
- 2012, 3rd ed.

- LL Birch
- Ancel Keys
- Laurel Mellin
- Habituation
- HAES
- Hirschmann & Munter
- Ellyn Satter
- Geneen Roth
- Restraint Theory
- Sensory Specific Satiety
**Brief History**

- 2005: Intuitive Eating Studies Emerge
- 2005: ED Treatment w/IE Emerge
- 2005-2006: Emerges in Mainstream Media (Today Show, People magazine)
- 2013: >25 Studies on Intuitive Eating

**Intuitive Eating is an evidence-based model with validated assessment scale(s).**

**Over 25 Studies**

**Intuitive Eater Characteristics**

- **BMI**
- **Self esteem**
- **Thin idealization**
- **Wellbeing**
- **Variety of Foods**
- **Triglycerides**
- **Body Appreciation**
- **HDL**
- **Trust**
- **Disordered Eating**
- **Enjoys Eating**
- **Proactive Coping**
- **Body Cue Awareness**
- **Optimism**
- **Interoceptive Awareness**

**10 Intuitive Eating Principles**

1. Reject Diet Mentality
2. Honor Your Hunger
3. Make Peace w/Food
4. Challenge Food Police
5. Feel Your Fullness
6. Discover Satisfaction
7. Cope without Food
8. Respect Your Body
9. Exercise-Enjoyable Activity
10. Health: Gentle Nutrition
Characteristics

1. Rely on Internal Hunger & Satiety Cues
2. Unconditional Permission to Eat (Attuned)
3. Eat for Physical, Not Emotional Reasons
   - Body Acceptance/Appreciation
   - Trusting Internal Cues

Tylka 2006, Augustus-Horvath & Tylka 2011; and Dockendorff 2011
Reject Dieting

- Biology
- Psychology
- Weight Gain
- Disconnect

Dieting Increases Weight Gain

Dieting Increases Risk of Binge Eating
Evidence

Harm from Dieting:
Weight Gain, Binge Eating, & Eating Disorders

<table>
<thead>
<tr>
<th></th>
<th>Weight Gain</th>
<th>Binge Eating</th>
<th>Eating Disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Teens</td>
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<tr>
<td>Adults</td>
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<td>✔️</td>
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</tr>
<tr>
<td>Twins</td>
<td>✔️</td>
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</table>

- Kids (n = 17,000; Field 2003)
- Teens (n = 101; Fessey, Mann, 1999)
- Adults (≥31 studies; Polivy; Mann; Sztainer)
- Twins (n = 4,000; Pietiläinen 2011)

- Superior Health
- Low Calorie Diet
- Exercise

Keys Study 1944-45

- 32 Men
- 3 mos. Control
- 6 mos. Semi-starve + Exercise
- 3 mos. Refeeding

Food Preoccupation
- Food thoughts & talk
- Collect recipes
- Study cookbooks
- Food cravings

Binge & Purge
- Candy
- Milkshakes
Parental Food Monitoring

Intuitive Eating

Parent Monitoring

Binge Eating

Childhood vs. College-Age


Dieting 10 Years

Binge Eating Eating Disorders Weight


Primal Hunger

• Regular Meals
• Biological Balance
• Hunger is Normal!

Honor Your Hunger

Principle 2
Honor Your Hunger

Ciampolini et al.

Hunger Training Improved
• Blood Sugar
• Insulin Resistance
• Weight

“...the current epidemic of ... overweight may have its origin in the non-cognizance of hunger.”
-Ciampoli et al.

Make Peace with Food
- Permission to Eat
- Habituation Studies
- Restraint Theory
- Burn-Out is not Goal!
- Emotionally Neutral
Principle 3

Make Peace with Food

vs.

Exposure
Response

Habituation Research [Epstein 2009]

Habituation & Dieters

- No Habituation Experience
- Food Remains:
  - Exciting & Scary
  - Must be controlled
  - Last-Supper-Farewell
Permission Paradox

- Trust
- BED Patients perceive as impossible task.
  (Kristeller 2006)

What About “Food Addiction”? 

Food Addiction?

(Fisher et al. 2010)
Other Explanations for Dopamine-Reward Response

- Food is Supposed to Be Rewarding
- Survival of the Species
- Food Restriction Increases
- Hedonic Response to Food
- Sensitivity of Neural Substrates
- Hunger

Pavlovian Conditioning

- Learned Conditioning
- Automatic Responding
- Can Be Unlearned

Food Addiction Studies

- Very Limited
- Animal Studies
- Brain Imaging Studies
- Few Exclusions
- Don’t Control for Dieting!
Addiction or Chronic Dieting?

- My behavior with respect to food and eating causes significant distress.
- My food consumption has caused significant psychological problems such as depression, anxiety, self-loathing, or guilt.
- I want to cut down or stop eating certain kinds of food.
- I have tried to cut down or stop eating certain foods...

Yale Food Addiction Scale


http://www.foodaddictionsummit.org/presenters-brownell.htm

If Food is Addicting: Wouldn't Binge Eaters Experience More Binge Episodes When Eating Trigger Foods?

<table>
<thead>
<tr>
<th>BED/DAY</th>
<th># Patients</th>
<th>Outcome</th>
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<tbody>
<tr>
<td>Kristeller &amp; Hallett 1999</td>
<td>18 (no control)</td>
<td>Significant Improvement • 14 no longer met BED criteria • 4 Binges/week to 1.5/week</td>
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<tr>
<td>Smitham 2008</td>
<td>31 (no control)</td>
<td>Significant Improvement • 6 Binges • no longer met BED criteria</td>
</tr>
<tr>
<td>Kristeller &amp; Wolver 2011</td>
<td>140 RCT</td>
<td>Significant Improvement</td>
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<td>Kristeller &amp; Wolver 2011</td>
<td>RCT</td>
<td>Significant Improvement</td>
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Evidence

BED & Forbidden Foods
“Data trump opinion--no matter who’s opinion it is, including mine.” --W.E.M. Lands, PhD

Discover Satisfaction
Hub of Intuitive Eating

- Mindfulness
- Taste
- Texture
- Aroma
- Volume
- Temperature
- Physical Feeling

“I feel guilty because I ate…”
Respect Your Body
Body Dissatisfaction • Interferes with Intuitive Eating • Increases Risk for: Obesity Eating Disorders

Here- &- Now Body Appreciation Stop Body-Bashing

Honor Health Gentle Nutrition
• Not Rigid Rules • Knowledge Issue

Problem: Nutritionism & Worry
• One Bite Away From: Obesity Heart Attack Cancer • Food Worry Study • USA vs. France
Toxic Food Environment?

Toxic Culture

- War on Obesity
- Weight Industry $62-billion/year
- Cultural Beauty Ideal

Distracted Eating

- Television
- Multi-tasking
- Texting
- Email Checker
- Computer
“Permission Entitlement”

- “Because I Can…”
- “It’s There…”
- No Attunement

Getting Basic Needs Met?

- Self-care
- Sleep
- Transition Time
- Friendships
- Boundaries

Intuitive Eating Principles & Attunement

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<th>Improves</th>
<th>Removes Obstacles</th>
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Intuitive Eating
Dynamic Integration

Intuitive Eaters
- Eat When Hungry
- Stop When Full
- Regardless of Portion
- No Clean Plate Club

Portion Distortion?


Resources
- LinkedIn Intuitive Eating Professionals
- www.IntuitiveEating.org
- www.IntuitiveEatingCommunity.org
- www.IntuitiveEatingWorkshop.org
- www.IntuitiveEatingWorksheets.com