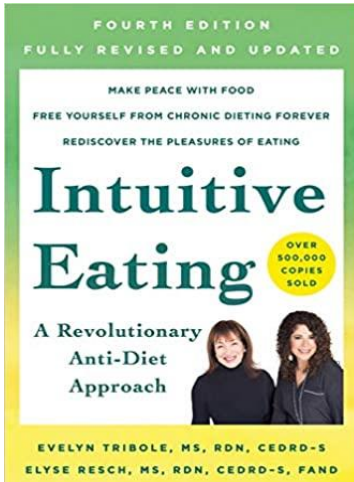




# Intuitive Eating Resources

By Alex Cauley, MS, Dietetic Intern

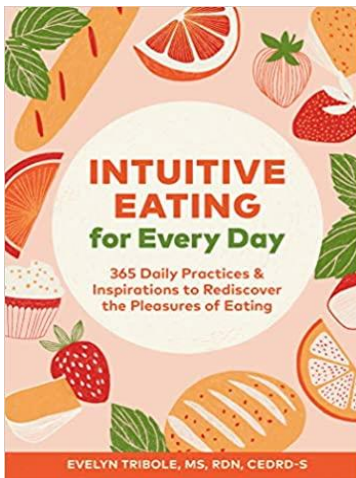


## Intuitive Eating: A Revolutionary Anti-Diet Approach

By Evelyn Tribole MS, RDN, CEDRD-S and Elyse Resch MS, RDN, CEDRD-S, FAND

### Benefits:

- The gold standard for intuitive eating – it has been updated 4 times since 1995 to reflect the most current research
- Thoroughly discusses the differences between the intuitive eating approach and traditional diets
- Provides strategies for honoring your body's cues and finding balance

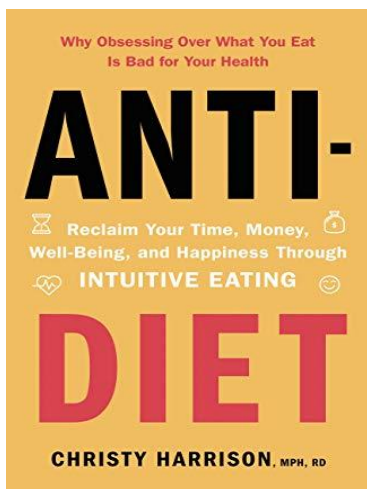


## Intuitive Eating for Every Day

By Evelyn Tribole MS, RDN, CEDRD-S

### Benefits:

- The original *Intuitive Eating* book is a hefty text – this workbook provides the same principles in an accessible, digestible way
- Daily affirmations and meal meditations are provided so that readers can find strategies that work best for them and make mindful eating an everyday practice
- Weekly intentions and check-ins help track progress
- Focus is placed on introspective awareness, trust, self-compassion, body appreciation, and boundaries

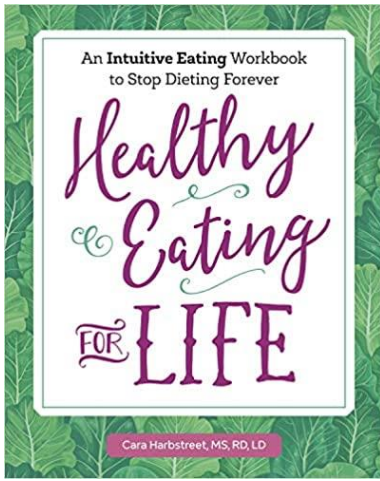


## Anti-Diet

By Christy Harrison, MPH, RD

### Benefits:

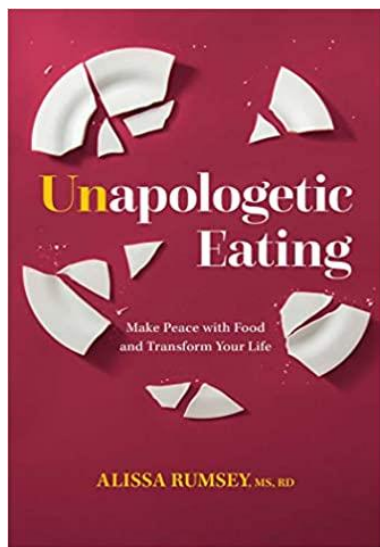
- This book provides several chapters of detailed information on how diet culture has shaped us over time
- Contains testimonies from intuitive eaters of varying body sizes who have had success transitioning out of a dieting mindset
- Emphasizes the de-stigmatization food choices and weight
- Provides strategies to help readers build self-confidence for a better body image



**Healthy Eating for Life:  
An Intuitive Eating Workbook to Stop Dieting Forever**  
By Cara Harbstreet, MS, RD, LD

**Benefits:**

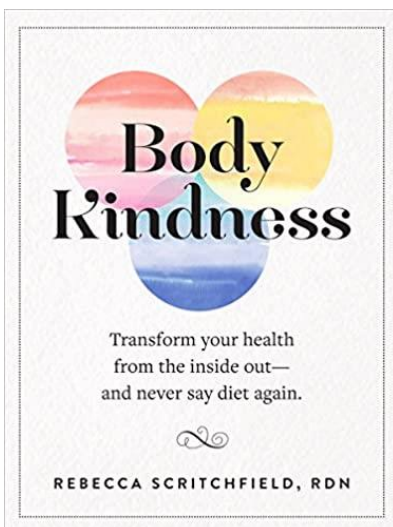
- Has exercises to reflect inward and learn to listen to your body and your feelings about food
- Teaches how to reincorporate nutrition in a healthy way, after getting more comfortable with intuitive eating
- Focuses on how to make sustainable and realistic changes for your lifestyle



**Unapologetic Eating: Make Peace with Food and Transform Your Life**  
By Alissa Rumsey, MS, RD

**Benefits:**

- This book shows how diet culture has taught us to distrust our bodies and provides strategies to overcome that mistrust
- Has a four-step approach that includes: "Fixing," "Allowing," "Feeling," and "Growing"
- Encourages sitting with uncomfortable feelings and topics to help work through them
- Clearly defines terminology used throughout the book, including cultural terms and healthcare jargon
- Addresses the injustices and discrimination surrounding diet culture and its history in our society



**Body Kindness: Transform Your Health from the Inside Out -  
And Never Say Diet Again**  
By Rebecca Scritchfield, RDN

**Benefits:**

- Starts with the pillars of body kindness and explores what that means for individuals
- Teaches how to use intuitive nutrition, fitness, and sleep in a healthy way to "spiral up"
- Has chapters dedicated to self-exploration and includes strategies for value-based goal setting and developing a supportive environment
- Offers daily strategies for reducing self-doubt and diet talk