

Counting & Intuitive Eating



Sometimes you aren't listening to your body because you're listening to everybody else's expectations.

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Food is fuel and nourishment, and yet it is so much more. It's connection between friends & family. It's an experience of flavours. So, how can we have a healthy relationship with food & not be super restrictive, while also reaching our goals?

Counting: Calories, macros, points, food scales, or any other form to measure the quantity of food consumed daily. Usually based on weight and goals to gain or lose; a calories in - calories out approach.

Intuitive eating: tuning into your body's own natural rhythm of eating. You take away all the fad diets, all the trends, all the counting, all the restrictions and all the dang guilt/fear/shame - and you are left with eating for your body and soul.

Is Intuitive Eating For Me?

Intuitive eating is for People who want freedom to eat the foods they enjoy, while also being able to pay attention to how foods make them feel - energy levels, mood, satiety, strength, and so on. People who want to release guilt, fear, or shame around the foods they eat. People who do not want to track every single bite. People who want ease and flow in their life.

Understanding macros and calories can be very valuable. However, it can also be detrimental or frustratingly time consuming to do for the rest of your life. For example if you are relying on being able to count calories it can become challenging when eating out, or going to a dinner party. You're always guessing and focusing. Potentially not staying present to the evening.

If counting becomes more important than choosing healthier options, then it's not worth it.

Are you ready to take a step towards intuitive eating?

If so, I am going to give you the steps on how to become an intuitive eater.

If not, that's okay! There are still some great mindset tools to learn through this process and you can take what you want. It may be helpful down the line when you're ready to give it a try.

You don't need to drop all your current habits or regime and go straight into this. It's all about progress, not perfection.

The intention around intuitive eating is to restore your relationship with food. So that you don't just see it for its' calories, but rather for the nourishing properties it is going to give every cell of your body. It also restores the joy around eating, while still delivering results.

You will see results around intuitive eating as you begin to practice this and heal your relationship with food.

How To Become an Intuitive Eater

- 1. Learn about the foundations of nutrition.** If you're currently eating a lot of processed foods, it's going to be challenging to tune into your body, because of the *fake stuff* that's in there.
- 2. Track your food for a period of time.** If you have no idea about approximate portion sizes - this is a key step! Track for 2 - 3 weeks!
- 3. Tune into how you feel at different moments throughout the day.** This is everything from energy levels, your digestive system, to how your emotions change in relation to certain foods.
- 4. Notice your appetite levels through the day.** Also take note of the moments when you are eating for hunger, and when you are eating for comfort or because you are dehydrated. Also, take note when you go into restricted mode because maybe you feel bloated or otherwise.
- 5. Plan ahead!** Even though you are shifting into intuitive eating, you'll want to ensure you have meals and snacks available! Set yourself up for success :)
- 6. If you mess up, just take notice of it.** Again... this is all about progress, not perfection. Practice self-awareness here and move on. Success is never a straight line!

How to Become an Intuitive Eater

7. **Once your into the flow of intuitive eating**, you might find yourself slipping and not eating enough, or eating that extra handful.. because “hey, no one will know, I’m not tracking this.” If you find this happens, go back to tracking again for a few days to get back into the swing of things.
8. Further to #7 - if you are in fact finding that you need more than what is recommended on the tracker, and you’re still seeing the results you desire, then increase as needed! Mine recommends about 200 calories less than what I find I need, so when I come back to tracking, I keep this in mind and adjust accordingly. It’s all about ensuring that what you’re eating is in line with your high vibe healthy goals.
9. **Consistency and tuning into your body’s hunger cues is key.** Eating one burger is not going to make you fat. Eating one salad is not going to make you fit.