

Instinctive Eater vs. Disordered Eater

Have you ever wondered if you worry too much about your diet and food choices? Do you wish that you could enjoy your favorite foods? Are you sometimes afraid that if you allow yourself to eat when you are hungry you will eat too much?

We often adopt disordered eating habits by dieting or restricting foods, bingeing on forbidden foods, and relying on external cues to eat. Instinctive eaters are those who eat when they are hungry, stop when they are full, and allow themselves to experience the pleasure of eating. They focus on how they feel rather than how much they weigh.

Which kind of eater do you think you are? If you are not sure, take a look at the list. See what you can do to transform yourself into an instinctive eater!

Adapted from Like Mother, Like Daughter by Debra Waterhouse, M.P.H., R.D.

<u>INSTINCTIVE EATER</u>	<u>DISORDERED EATER</u>
Doesn't think about dieting	Someone who diets
Responds to hunger signals	Ignores hunger signals
Eats for physical nourishment	Eats for emotional nourishment
Permits all foods	Restricts foods
Welcomes food cravings	Fights food cravings
Seeks food pleasure	Denies self food pleasure
Eats to satisfy hunger	Under eats and/or over eats
Follows body's eating cues	Follows society's "eating rules"
Is in tune with food needs	Is unaware of food needs
Respects their body	Fights their body
Focuses on self-acceptance	Focuses on appearance
Maintains a comfortable weight	Experiences weight fluctuations



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