



# Intuitive Eating for the Everyday Athlete

IAND Annual Meeting 2024

**KATIEHAKE**  
HEALTH — FITNESS

## Hi, I'm Katie!

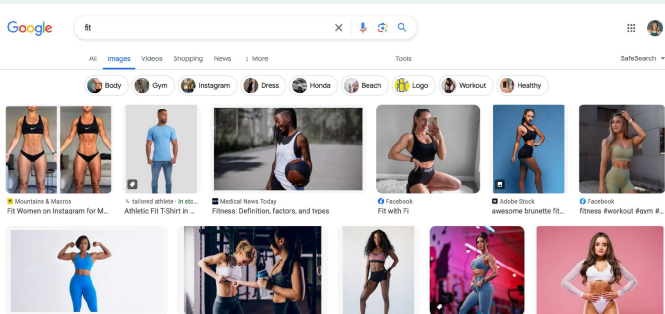
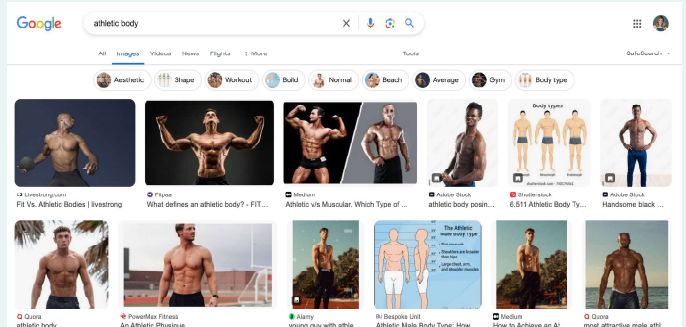
- Non-Diet Dietitian Nutritionist
- Former Metabolic Dietitian for inborn errors
- Former Bariatric Dietitian
- Orthorexia & Exercise Addict survivor
- All foods fit believer
- Contributing exam developer for the ACSM Personal Trainer Exam
- Former International Master Trainer
- Speaker



I believe that having an open mind is one of the most important qualities we can possess. Once our minds close, we stop evolving.

Yanni

PICTUREQUOTES.COM



## Diet Culture in Sport

- Over 33% of female athletes and 20% of male athletes reported engaging in disordered eating behaviors.
- Athletes who frequently restrict their food intake are more likely to experience anxiety, depression, and burnout.
- Athletes on restrictive diets were more prone to nutrient deficiencies, impacting muscle recovery and performance.
- Athletes are three times more likely to develop an eating disorder compared to the general population.

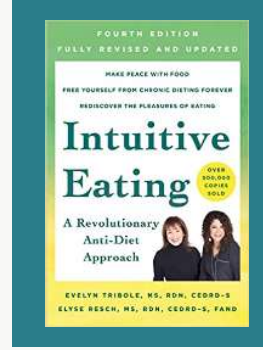


# Learning Objectives

- Understand the fundamental principles of intuitive eating and its relevance to the athlete population.
- Explore the impact of diet culture, restrictive eating patterns, and external influences on athletes' nutrition choices and body image.
- Learn how to integrate intuitive eating principles into the dietary guidance of athletes to enhance performance, improve energy levels, and support mental health.
- Develop practical strategies for helping athletes establish a balanced and intuitive approach to fueling and nourishing their bodies.
- Recognize the potential challenges and misconceptions related to intuitive eating in the sports world and gain tools to address them effectively.

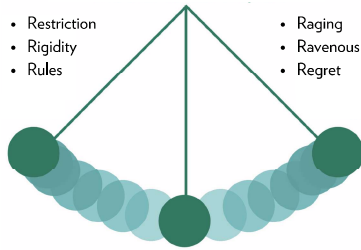


# Intuitive Eating



- Developed in 1995 by Evelyn Tribole and Elyse Resch
- Updated book, 2020
- Intuitive Eating Workbook, 2017
- 125+ studies showing benefits (and growing!)
- Honors health by listening to individual person and their body, mind and emotions
- YOU are the expert of your body
- Intuitive Eating is a process, not a pass/fail situation
- Encourages curiosity, non-judgment

## Diet Pendulum



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## The Science

DIETS LEAD TO INCREASED...

risk of eating disorders

food and body preoccupation

distraction from other personal goals

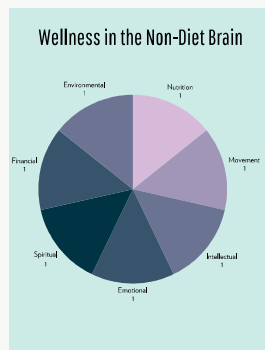
body dissatisfaction

food cravings

weight stigmatization and discrimination

## Benefits of Intuitive Eating

- Improved cholesterol levels
- Better body image
- Higher self-esteem
- Improved metabolism
- Decreased rates of disordered and emotional eating
- Diminished stress levels
- Increased satisfaction with life



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## Intuitive Eating: Principles

1. REJECT THE DIET MENTALITY
2. HONOR YOUR HUNGER
3. MAKE PEACE WITH FOOD
4. CHALLENGE THE FOOD POLICE
5. DISCOVER THE SATISFACTION FACTOR
6. FEEL YOUR FULLNESS
7. COPE WITH EMOTIONS WITH KINDNESS
8. RESPECT YOUR BODY
9. MOVEMENT- FEEL THE DIFFERENCE
10. HONOR YOUR HEALTH- GENTLE NUTRITION

# 1. Reject the Diet Mentality

Let go of the diet rules and restrictions that are all too prevalent and encouraged in our culture. Get rid of the idea that a smaller body will result in improved performance.

## GOALS

- Explore your history with dieting. Did it really work for you?
- What has dieting cost you?
- What can you choose to let go of today?
- Be curious, not judgemental!

# 2. Honor Your Hunger + 3. Feel Your Fullness



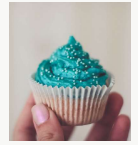
## REESTABLISH TRUST

-Consume adequate overall energy and carbohydrates.



## OBSERVE THE SUBTLE SIGNS

-Practice mindful eating.

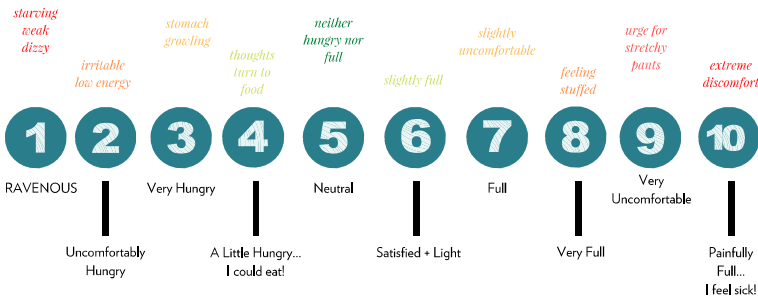


## FIND THE SWEET SPOT

-Aim to be physically satisfied, but not overly stuffed!

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## The Hunger Scale



# 4. Make Peace with Food

Give yourself permission to enjoy food...any and all of it.  
An all or nothing mentality with food can lead to intense cravings and binges because of restriction.

- Systemic habituation: goal is to remove the excitement of the food and normalize it, not burn out on it.
- Choose a food, decide when you will eat it and environment (safety).
- Check in with yourself before, during and after.
  - What are you feeling? Dread? Excitement? Anxiety?
  - What does it taste like? Texture? Flavor? Is it what you imagined?
  - How was the experience? What surprised you?

# 5. Challenge the Food Police

Confront the bully in your mind that is calling you (or your food choice) "good", "bad" or "healthy" and "unhealthy". Ditch the morality in your food choices and begin to look at food from a place of self-care.

- Make observations, not judgements
- Change your language and self-talk
- Ditch absolutes like "always", "never", "should"
- Prepare for the ups and downs

# What are Your Food Rules?

- Do you count anything? Calories, points, carbs, etc?
- What determines how much you eat? Serving size? Others around you?
- Do you set limits on how often or what time of day you eat?
- Are there any foods or food groups that you avoid?
- Do you compare your meals/snacks to what others are eating?
- Do you have rules around beverages?
- Do you weigh or measure your food?
- What foods do you consider "healthy" or "safe"?





## 6. Discover the Satisfaction Factor

Enjoying your food can and should be a part of a healthy eating pattern. When you feel satisfied with your food choices, you're also less likely to overeat in an attempt to fill up.

Denying yourself what you want results in eating more and enjoying it less

- Fullness vs. satisfaction
- Do you know what you like anymore?
- Enjoy the experience: taste, texture, smell, temperature, appearance
- "Food is fuel" mentality



## 7. Cope with Emotions with Kindness

Food can certainly be a coping mechanism, but it may not help you truly uncover the root of your emotional concerns and can create a shame spiral. Look beyond just food for coping tools that provide comfort, nurturing, distraction or healing.

Ask yourself: what do I need right now?

- Distraction: change environment, play with pet, funny videos, music
- Support: call a friend or family member, talk with therapist or spiritual advisor
- Deal with Feelings: journaling, sitting with feelings
- Self-Care: unplug, take a walk, sleep/rest, time alone



## 8. Respect Your Body



Source: The Moderation Movement, 2016



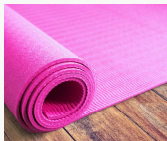
## 8. Respect Your Body

- How can you honor your here-and-now body?
- Toss your scale
- Get rid of clothing that doesn't fit
- Look for body representation
- Reflect on what you love and appreciate about yourself
- Rest and recovery



## 9. Movement: Feel the Difference

Shift away from external cues about fitness and exercise and see how movement feels inside your body.



**REJUVENATES**  
rather than depletes



**MIND-BODY CONNECTION**  
can enhance IE skills and alleviates stress



**PURE JOY!**  
provides enjoyment and pleasure

Consider how movement impacts your sleep, stress, and energy levels.



## 9. Movement: Feel the Difference

Questions to Consider:

1. How does it feel?
2. Would I do this if my weight didn't change?
3. What are the health benefits?
4. Is it fun? Do I enjoy it?
5. Am I comfortable?
6. How does it feel to choose rest?



Source: Jessamyn Stanley



## 10. Honor Your Health: Gentle Nutrition

Intuitive eating doesn't ignore nutrition, but instead focuses on big picture health.  
Think about progress instead of perfection.

- How does food feel in YOUR body?
- What foods or meals leave you feeling satisfied, nourished, energized and strong?
- This is a learning process and likely shifts many times throughout our lives.



## Intuitive Eating for Performance and Well-Being

- Impacts of of adequate fueling
  - Energy levels
  - Training
  - Performance
- Overall well-being and quality of life
  - Mental health
  - Relationship with food
  - Body image



## Putting IE into Practice

- Adequate energy intake
- Variety in intake
- Meal frequency
- Education
- Satisfaction
- Mindful eating
- Adequate rest and recovery

## Case Study



- 46 yo female
- Former gymnast, diver
- Professional in sports industry
- Triathlete for past 12 yrs
- 20+ years of weight cycling
- Anxiety, aches and pains from bike accident
- Currently training for half iron man
- Goal: wants to PR, increase variety in intake, feel proud of body

## Case Study




- 34 yo female
- Former softball player
- 9-months postpartum
- Anxiety, acid reflux
- Occupation: Attorney
- Goal: To learn more about how to make better nutrition choices and to improve eating and exercise habits, improve body image

## Challenges and Misconceptions


- Coaches, parents, peers, etc
- Emotional eating
- Body trust
- Weight stigma
- Fear of weight gain











## IE in Practice

- Get training in Motivational Interviewing.
- Hold space for the patient/client.
- Provide validation.
- Be aware of your own weight bias.
- Heal your relationship with food.
- Be okay with not fixing everything.
- Refer out when beyond your scope.





Safety	Choice	Collaboration	Trustworthiness	Empowerment
				
<b>Definitions</b>				
Ensuring physical and emotional safety	Individual has choice and control	Making decisions with the individual and sharing power	Task clarity, consistency, and Interpersonal Boundaries	Prioritizing empowerment and skill building
<b>Principles in Practice</b>				
Common areas are welcoming and privacy is respected	Individuals are provided a clear and appropriate message about their rights and responsibilities	Individuals are provided a significant role in planning and evaluating services	Respectful and professional boundaries are maintained	Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency

*Chart by the Institute on Trauma and Trauma-Informed Care (2015)*



## Additional Resources: Books, Podcasts, & More!

- Intuitive Eating Workbook
- Health at Every Size® - ADASH
- Wellness Trap and Anti-Diet by Christy Harrison
- Body Kindness by Rebecca Scritchfield
- Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings
- The Eating Instinct by Virginia Sole-Smith
- Gentle Nutrition by Rachael Hartley
- Kindred Table: Intuitive Eating for Families by Emily Weeks
- Fit Friends Happy Hour Podcast with yours truly
- Food Psych Podcast with Christy Harrison
- Love Food Podcast with Julie Duffy Dillon
- Social Media: #IntuitiveEatingOfficial



## Thank you! Questions?



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