

A PARENT'S GUIDE TO INTUITIVE EATING

Nutrition is a vital component of a healthy and joyful life. It can contribute to health or disease, positively or negatively impacting us in many ways. Physicians are starting to diagnose children with chronic illnesses that are typical for adults, such as: metabolic syndrome (insulin, glucose, and cholesterol abnormalities), type 2 diabetes and fatty liver disease.

Why should we care? For three primary reasons: 1) To promote health and well-being, 2) to decrease risk of chronic disease, and 3) To foster confidence and develop a healthy relationship with food!

How to Eat “For the most part, healthy young children eat when they’re hungry and stop when they’re full. Teaching your kids to be in tune with their own hunger and fullness cues will allow them to have a comfortable relationship with food and avoid overeating as they grow older.” Joy Bauer, nutrition and health expert

The 5 Pillars of Healthy Eating: Honor hunger and satiety, emphasize whole plant foods, establish a positive environment, be flexible, relax, and have fun!

What to Eat “Let Food be thy medicine & medicine be thy food.” Hippocrates

For optimal health, center your family’s diet around whole plant foods; including: fruits, vegetables, whole grains and legumes (beans, peas, lentils).

Setting the table for healthy eating “Good habits are worth being fanatical about.” John Irving, American Writer

In addition to healthy eating, it is essential that our children have good quality and quantity of sleep, low stress and effective stress management, and sufficient physical activity.

Feeding your child through the years “The early years are when you give your child a foundation for establishing a proper diet. If kids learn about the importance of eating healthy early in their lives, they will not have to relearn as an adult.” Nicole Henderson, CEO of Selsi Enterprise

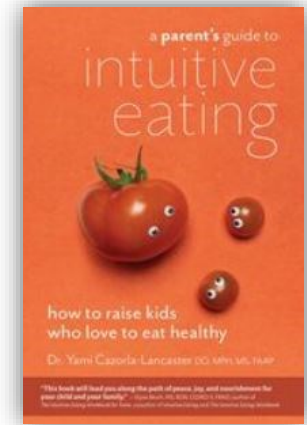
It is important to focus your diet around whole plant foods while keeping in mind all the varying stages of life.

If at first, you don’t succeed, try and try again!

Resources

- Book - A Parent’s Guide to Intuitive Eating
- <https://www.doctoryami.com/>

“When you foster intuitive eating habits, offer-health promoting foods to your children, and promote the healthy lifestyle habits of sleep, exercise, and stress reduction, you will be giving your child the gift of a lifetime.” Dr. Yami



Assess - Evaluate current eating habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to healthy eating a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

