



# INTUITIVE EATING

## RAISING INTUITIVE EATING KIDS

- **TALK ABOUT TASTE AND COLOR | AVOID CALLING FOODS "GOOD" OR "BAD"**

- Food does not have moral value; no food is good or bad. Focus on having neutral expressions towards all foods. All foods can be healthy at times.

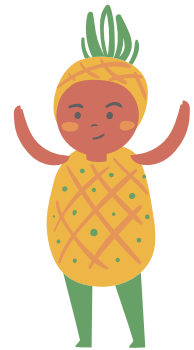


- **RESPECT YOUR KID'S HUNGER CUES**

- Kids are good at knowing when they are hungry and full.

- **AVOID EATING RULES**

- Try not to enforce food rules such as having to finish the plate before leaving the table, this disregards their hunger/fullness cues.



- **CHECK YOUR OWN MOTIVES**

- Check your relationship with food. Allow your kids to develop their own likes and dislikes.