



# EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## Let's Get Intu-it!

Most people have tried some form of dieting at one time or another, but have you heard about the practice of *intuitive eating*? This practice suggests that there is a better path to health than following a strict set of dieting rules, and it involves relearning how to listen to what your body is saying. Take the quiz below to gain insight about your relationship with food.

### Dieting Blues ~OR~ Internal Cues

Circle the statements below that most often apply to you:

I eat when I am bored, sad, or stressed

I eat when I feel hungry

There are "forbidden" foods that I do not eat

I eat foods that I like and are satisfying

I choose foods because I am worried about my weight

I choose food that tastes good and gives me energy

I stop eating when I finish all the food on my plate

I stop eating when I am satisfied

I eat while studying, or looking at screens

I eat with intention and purpose

I use my weight as my primary measure of health

I use how my body feels as a measure of my health

Which column (left or right) did you circle most often? Flip for results.

You have mastered the skill of interoception—being aware of the signals that your body sends, such as hunger and satiety. You honor your hunger by eating the foods that make you feel good and that are pleasurable. When you are satisfied you stop eating, knowing that you will allow yourself to eat the next time you feel hungry. You take your time at meals, letting yourself savor the sight, taste, smell, and experience of nourishing yourself.

*All Right! (or mostly right): Intuitive Eating Mindset*  
way.

Like many people, you may rely on external cues to tell you what, when, and how much to eat. Try to pay attention to your feelings of hunger and fullness. If you're hungry—eat! Honor your hunger and give yourself permission to eat the foods that you love and that make you feel good. And when you're satisfied (not stuffed), remember that there is no need to join the "clean plate club". In time, you will master the art of nourishing your body in an intuitive way.

*Whole Lotta Left: Diet Mindset*

*That's enough reading for now, go enjoy your meal!*

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References: *Intuitive Eating: A Revolutionary Anti-Diet Approach, Fourth Edition*, Available at: Tribole, E. & Resch, E. (2020) St. Martin's Publishing Group; Accessed on: 2/4/22 *The Original Intuitive Eating Pros* Available at: <https://www.intuitiveeating.org> Accessed on: 2/4/22

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