

STUDY GUIDE

Headline

Use this guide as you work through the post test.

Recidivism is the act of a person repeating an undesirable behavior after they had either experienced negative consequences of that behavior, or had been trained to extinguish that behavior.

Aristotle was the first known to discuss the tenants of Intuitive Eating.

Evelyn Tribole and Elyse Resch coined the term Intuitive Eating.

Jenny Craig, Nutrisystem, Medifast and Lean Cuisine have seen marked decrease in sales in the past five years.

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment.

Mindful eating enforces awareness, encourages us to slow down and use our senses at meals.

The principles of Intuitive Eating are based on psychological studies on habits, self control, restriction.

Meticulously counting calories, macros and/or fat grams is considered pseudo-restriction.

Step one to reject the diet mentality is to recognize and acknowledge the pitfalls of restriction.

Intuitive Eating is the process of creating attunement by listening and responding to the needs of one's own body.

Shifting from food police to food anthropologist is the foundation of Intuitive Eating.