



GLOSSARY

Natural healthy body weight: this is the weight your body will maintain with normal/ intuitive eating and normal movement

Intuitive eating: A way to get in touch with your body cues like hunger, fullness and satisfaction while learning to trust your body around food again

Mindful eating: Mindful eating refers to the practice of paying attention to what you eat, experiencing the sensation eating provides you, and truly savoring what you eat.

Food freedom: this involves eating the food you like while paying attention to your hunger and fullness levels. It is the process of making your food choices emotionally equal, without placing shame or judgment on them, whether you are eating green jelly beans or a piece of broccoli. Your dignity remains intact, regardless of your food choices. You are not a bad or good person based on what you eat!

Abnormal eating behavior: Fluctuating periods of dieting and overeating/ binge eating behavior

Healthy eating: Having well-balanced meals AND having a healthy relationship with food

Having a healthy relationship with food: You are not morally inferior or superior based on your eating choices. You experience eating as a neutral activity.

Biological hunger: Hunger is a natural biological cue that lets you know that your body needs sustenance. It is your body's need for nourishment.

Emotional hunger: Using food to cope with emotions. Overeat due to being **emotionally** unsatisfied.

Diet mentality: Unreasonable rules that dieting has created. It is a false belief that diets for weight loss create health and happiness. It steals your joy by saying you should delay your dreams until you have lost weight. It erodes body trust and replaces it with external rules. It disconnects you from your own body sensations, making you feel powerless and like you can not be trusted to make decisions about how to feed yourself. It is the mean voice you hear over and over which categorizes food into good and bad or healthy and unhealthy.