

# CAN YOU EAT INTUITIVELY WITH T1 DIABETES?



Intuitive Eating is associated with lower fat tissue and less insulin resistance. (Weigenberg MJ, 2009)

In teens with T1D, there is a strong association between intuitive eating and lower HbA1c, in particular with a positive effect on emotional eating. (Wheeler BJ, 2015)

## YES!

Enjoy Your Food, Respect Your Body

### Intuitive Eating Is:

Peace with food

Curiosity

Mindful

Knowledge

Satisfying

Dynamic

Listening Internally

Cognizant of BG

Eat the foods  
that make you  
feel the best –  
both emotionally  
and physically

### Intuitive Eating is Not

Wild Abandon

Judgement

Restrictive

Rules

Deprivation

Rigid

External signals

Ignorant of BG

