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

**Intuitive Eating is Not**
Wild Abandon
Judgement
Restrictive
Rules
Deprivation
Rigid
External signals
Ignorant of BG

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