

**Abstract Title:**

Intuitive Eating and Weight Management:  
A Complementary Approach to Dieting  
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**Objective:** Intuitive eating is a long term behavioral change that encourages a healthy relationship with food through eating in response to internal body cues. Considering 30% of the world's population is obese or overweight (WHO, 2015), intuitive eating offers a viable alternative to dieting as a means of weight management and overall health. This review focused on intuitive eating among college aged women with healthy body mass indexes (BMIs).

**Method:** A literature search on Pubmed and Scopus was performed using the following key words: mindless eating, mindful eating, intuitive eating, weight management, obesity, weight loss and body mass index. Four research articles were found to meet the inclusion criteria including one randomized controlled trial and 3 cross-sectional observational studies.

**Results:** High intuitive eating was found to have a positive effect on health indicators such as BMI, blood-lipid profile, total iron binding capacity, and cardiovascular risk measurements. One research article suggested caloric restriction as a superior means of weight loss. **Conclusions:** Over time, high intuitive eating may help prevent a transition of these indicators into levels not beneficial to health. Though some research suggests caloric restriction as a superior means of weight loss, it is believed that intuitive eating offers a more viable, long term, solution to healthy weight management. **Significance to the field of Dietetics:** In light of the strong correlation between diet/lifestyle and chronic disease, it is important for Dietitians to educate clients on intuitive eating practices so as to encourage a healthy relationship with food, maintain a healthy weight and support the prevention of chronic disease by keeping health indicators in the normal range.