This guide gives you the keys to transform your eating. From eating that hurts or is chaotic into eating that calms and nourishes you.

We each have a mechanism - our personal set point - that regulates our body size. It works best when we eat when we are hungry and stop when we are full.

Eat too little and your metabolism slows down. Your hunger increases as your body tries to get you back to the size that is right for you.

Eat too much and your metabolism also slows down. It can't process the excess food effectively.

Eat what's right for you and your metabolism will be efficient. Your body will be stable and content at its set point.

Eating is like other bodily functions - sleeping, peeing, walking, sneezing. Our body sends us signals, which we can respond to.

Take your problem seriously.
Give it the attention it needs.

Don't expect miracles.
Follow the keys.
In time you will notice that your eating is relaxed and easy.

Better than a miracle.
Five keys will help you eat in a new way and enable you to be the size that is right for you.

Return to them whenever you feel the need. They will provide you with immediate solutions.

These keys give you the way to trust yourself around food, even if you have never been able to do so before.

If you follow them they are foolproof.
No diet, no doctor, no trainer, no scheme can know better than you what suits your body.

The entire book is published by Penguin
Available in the UK from bookshops or
www.waterstones.com
USA: www.amazon.com

Susie's other books on eating and body image are:
Fat is a Feminist Issue, Hunger Strike and Bodies

ENDANGERED
www.endangeredbodies.org
First Key

Are you really hungry?

Maybe what you are really hungry for is:

- a hug
- a weep
- a sleep
- a break
- a boyfriend/girlfriend
- a chat

Give yourself time to discover what you are really hungry for.

Second Key

Do you really need to eat?

If you're still hungry, or you have no idea when you are hungry, don't worry until you are very hungry.

Eat when you are hungry.

Third Key

Find out why you eat when you aren't hungry.

Food can only satisfy stomach hunger. It cannot make other hungers go away. It can only postpone them or temporarily cover them up.

If you can't come up with the answer don't despair, this is not a reason to eat. It is a reason to be pleased with yourself for not eating and not adding to your original problem.

Fourth Key

Taste every mouthful.


It doesn't matter how much you paid for it, or how long it took to prepare.

If you aren't tasting the food 100 per cent you don't need it and it is doing you no good.

Don't waste one mouthful of pleasure.

Fifth Key

Stop eating the moment you are full.

Don't blunt the feeling it is truly great.

It draws a line between eating and not eating.

Start to eat when you are genuinely hungry.

Pay attention while you are eating.

Stop as soon as you are full.
Alternatively you can print these out onto paper or card, cut them out and staple them together, or just keep the most useful ones handy, whatever feels most helpful to you.

**The Five Keys**

**Intuitive Eating Pocket Guide**

**From On Eating by Susie Orbach**

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**First Key**

Eat when you are hungry.

Don't wait until you are very very hungry.

If you have no idea when you are hungry, do not eat.

It means you aren't hungry.

You may have messed about so much with your hunger signals that you have to learn about them again. This can take a bit of practice and attention.

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**Second Key**

Eat the food your body is hungry for.

No rules, no regulations.

To find out what you are hungry for imagine eating the food you want. The taste, the smell the texture.

If you're still hungry for it, eat it. Do you enjoy it as much as you hoped?

If not think about another kind of food. If no food you imagine seems to match your hunger, perhaps you aren't hungry for food at all.

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**Third Key**

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**LASTLY...**

If you feel that your body is stuck and your metabolism flat, build up to 40 minutes of exercise such as:

walking / jogging / swimming

weight / training / dancing

three times a week.

This kind of activity kick-starts a sluggish system. Exercise can also give you a different and positive experience of your body.

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**Designed by Jo Harrison**

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