



The Good Clean Nutrition Podcast Episode 5 Show Notes

Dismantling Diet Culture and Embracing Intuitive Eating with Cara Harbstreet, MS, RD, LD

Welcome to Episode 5 of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy, MS, RD. In this episode, Mary welcomes guest Cara Harbstreet, MS, RD, LD to shed light on the topic of ditching harmful diet culture and exploring the practice of intuitive eating. Cara is a self-described “non-diet dietitian”, certified intuitive eating counselor and founder of Street Smart Nutrition, where she seeks to help people rediscover the joy of eating without restriction or fear.

What is a non-diet dietitian? Listen in as Cara explains the neutral, inclusive and welcoming space that makes up her practice. As Cara defines what she understands “diet culture” to mean, she sheds light on the idea that current culture is rooted in fear of fatness and can actually drive people away from achieving and maintaining good health, rather than towards it.

Mary shifts the conversation as she asks Cara to dive into the concept of intuitive eating. Cara shares the history of this practice and recounts her own journey of dieting and practicing intuitive eating in her own life. She stresses that as healthcare professionals, understanding clients’ backgrounds and histories with eating are important. She discusses the benefits of observation and acceptance, and how we can have thoughts around food and eating without having to respond with restrictive thinking.

Learn how Cara personally guides individuals around intuitive eating and dispels the myth that dietitians are the “food police”. Cara shares about looking at someone’s whole life from a sustainable diet standpoint and remolding what the definition of health looks like when dealing with new clients. Cara also notes that while there is some misinformation on social media, it can also provide beneficial resources that might not otherwise be available.

Cara’s own journey with athletics and a continual focus on weight led her to desire a more sustainable health avenue, which she achieved through intuitive eating. Listen to her unravel the details of the Health At Every Size® (HAES®) approach she uses in her practice and what it really entails. Cara shares that while she supports evidence-based practice, we must acknowledge the potential flaws and incompleteness that may exist in the body of knowledge available.

As this episode draws to a close, Mary asks about the role patients play in their own journey and what signs to look out for that may trigger the need to introduce clients to intuitive eating and the HAES® approach. Cara’s recounting of a story about one of her clients proves encouraging in how intuitive eating enhanced her overall lifestyle and was ultimately more sustainable.

Links:

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Learn more about Cara Harbstreet, MS, RD, LD and her practice, Street Smart Nutrition, on her [website](#). Connect with Cara on [Instagram](#), [TikTok](#), [Twitter](#), [Facebook](#) and [LinkedIn](#). Check out her books [Healthy Eating for Life: An Intuitive Eating Workbook to Stop Dieting Forever](#), [The Pescatation Cookbook: The Essential Kitchen Companion](#) and [The Healing Soup Cookbook: Hearty Recipes to Boost Immunity and Restore Health](#).

For additional resources from the Association for Size Diversity and Health (ASDAH), check out their [website](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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