

Webinar Will Begin Momentarily

TODAY'S AGENDA:

- Welcome
- Speaker Introduction
- Presentation
- Q&A
- Closing

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Professional Education Series

Support. Inform. Educate. Empower.

Intuitive Eating for the Whole Family: Reclaim Your Inner Intuitive Eater to Raise Confident Eaters



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INTUITIVE EATING FOR THE WHOLE FAMILY

RECLAIM YOUR INNER INTUITIVE EATER TO RAISE
CONFIDENT EATERS

Chelsey Amer, MS, RDN, CDN



OBJECTIVES:

1. Use evidence-informed knowledge to discuss Intuitive Eating
2. Learn about the impact of a parent's influence on their child's relationship with food and their body
3. Discuss practical applications to encourage intuitive eating within your practice

Financial disclosure: I've done past content creation for Orgain. Thank you to Orgain for sponsoring this webinar.





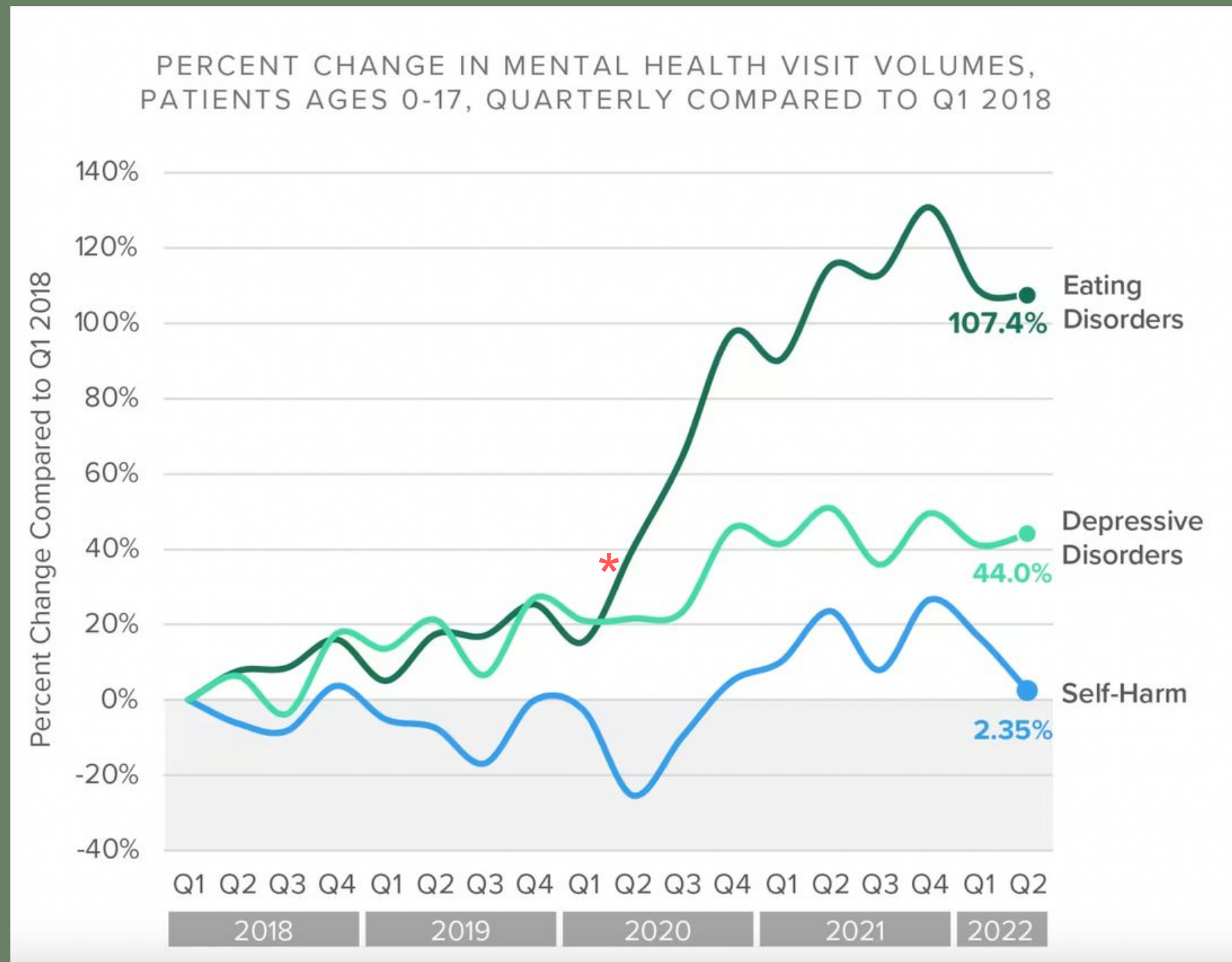
WHY THIS MATTERS

- Children as young as 5 have expressed **body dissatisfaction** AND engage in **dietary restraint**
- 40–60% of children aged 6–12 express **concern about weight or dieting**
- Over 1/2 of teenage girls and nearly 1/3 of teenage boys use **unhealthy weight control behaviors** (i.e. skipping meals, fasting, smoking cigarettes, vomiting, abusing laxatives).

<https://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/GeneralStatistics.pdf>

Davison, K. K., Markey, C. N., & Birch, L. L. (2000). Etiology of body dissatisfaction and weight concerns among 5-year-old girls. *Appetite*, 35(2), 143–151. <https://doi.org/10.1006/appe.2000.0349>

Damiano, S. R., Paxton, S. J., Wertheim, E. H., McLean, S. A., & Gregg, K. J. (2015). Dietary restraint of 5-year-old girls: Associations with internalization of the thin ideal and maternal, media, and peer influences. *The International journal of eating disorders*, 48(8), 1166–1169. <https://doi.org/10.1002/eat.22432>



In the United States,
health visits related to eating
disorders for individuals under
17 years old more than
doubled from early 2018 to
2022, increasing by 107.4%
from approximately 50,000 to
over 100,000 visits.

Pastore, M., Cinquetti, M., Favaro, A., & Drigo, R. (2023). Alarming increase of eating disorders in children and adolescents. *The Journal of Pediatrics*, 263, 113733.

[Alarming Increase of Eating Disorders in Children and Adolescents](#)

[Pastore, Maria et al.](#)

[The Journal of Pediatrics, Volume 263, 113733](#)

image: <https://www.nbcnews.com/health/health-news/eating-disorders-anorexia-bulimia-are-severe-ever-rcna80745>



INTUITIVE EATING IS A
SELF-CARE EATING FRAMEWORK THAT
FOCUSES ON TRUSTING YOUR BODY'S
INNATE WISDOM TO GUIDE YOUR FOOD
CHOICES.

INTUITIVE EATING...

- Created by two dietitians, Evelyn Tribole and Elyse Resch in 1995.
- Weight-inclusive, evidence-based model with a validated assessment scale
- Over 125 published studies to date
- 10 Principles focused on honoring hunger, fullness, and satisfaction
- A non-diet, weight-inclusive approach

10 PRINCIPLES OF INTUITIVE EATING

Reject the diet mentality

Honor your hunger

Make peace with food

Challenge the food police

Respect your fullness

Discover satisfaction

**Cope with emotions without
food**

Respect your body

Movement for joy

Gentle nutrition



PSYCHOLOGICAL BENEFITS OF INTUITIVE EATING

- Higher body appreciation and acceptance
- Improved body image
- Lower rates of disordered eating
- Greater self-esteem
- Better overall psychological health
- Higher life satisfaction
- Inversely related to eating disorder symptomatology
- Less dieting
- Less emotional eating
- Less binge eating
- More pleasure from eating
- More proactive coping

Denny, K. N., Loth, K., Eisenberg, M. E., & Neumark-Sztainer, D. (2013). Intuitive eating in young adults: Who is doing it, and how is it related to disordered eating behaviors? *Appetite*, 60, 13–19. <https://doi.org/10.1016/j.appet.2012.09.029>

Tylka, T. L., & Wilcox, J. A. (2006). Are intuitive eating and eating disorder symptomatology opposite poles of the same construct? *Journal of Counseling Psychology*, 53(4), 474–485. <https://doi.org/10.1037/0022-0167.53.4.474>

Tribole, E., & Resch, E. (2020). *Intuitive eating: A revolutionary anti-diet approach* (4th ed.). St. Martin's Essentials.

PHYSICAL BENEFITS OF INTUITIVE EATING

- Lower triglyceride levels
- Higher HDL
- Lower blood pressure
- More stable weight, less weight cycling
- In some studies, a lower BMI

Tribole, E., & Resch, E. (2020). Intuitive eating: A revolutionary anti-diet approach (4th ed.). St. Martin's Essentials.

Hawks, S., Madanat, H., Hawks, J., & Harris, A. (2005). The Relationship between Intuitive Eating and Health Indicators among College Women. *American Journal of Health Education*, 36(6), 331–336. <https://doi.org/10.1080/19325037.2005.10608206>

Strohacker, K., Carpenter, K. C., & McFarlin, B. K. (2009). Consequences of weight cycling: An increase in disease risk? *International Journal of Exercise Science*, 2(3), 191–201. <https://doi.org/10.70252/ASAQ8961>





WHAT DISRUPTS INTUITIVE EATING IN CHILDREN?

INTERNAL (within the home) DISRUPTORS	EXTERNAL (outside the home) DISRUPTORS
Weight bias & stigma	Social media SkinnyTok
Feeding practices “Clean Plate Club” Food as a reward or punishment	Peers at school
Restricting food	Media/television
Diet talk & exposure	Diet talk & exposure



INTRODUCTION OF DIETING IN CHILDHOOD & ADOLESCENCE

- 62.3% of teenage girls and 28.8% of teenage boys report **trying to lose weight**.
- 58.6% of girls and 28.2% of boys are **actively dieting**.
- 68.4% of girls and 51% of boys exercise with the **goal of losing weight** or to **avoid gaining weight**.

National Center on Addiction and Substance Abuse (CASA) at Columbia University. (2003). Food for Thought: Substance Abuse and Eating Disorders. New York, National Center on Addiction and Substance Abuse.

Patton, G. C., Selzer, R., Coffey, C., Carlin, J. B., & Wolfe, R. (1999). Onset of adolescent eating disorders: Population based cohort study over 3 years. BMJ, 318(7186), 765–768.

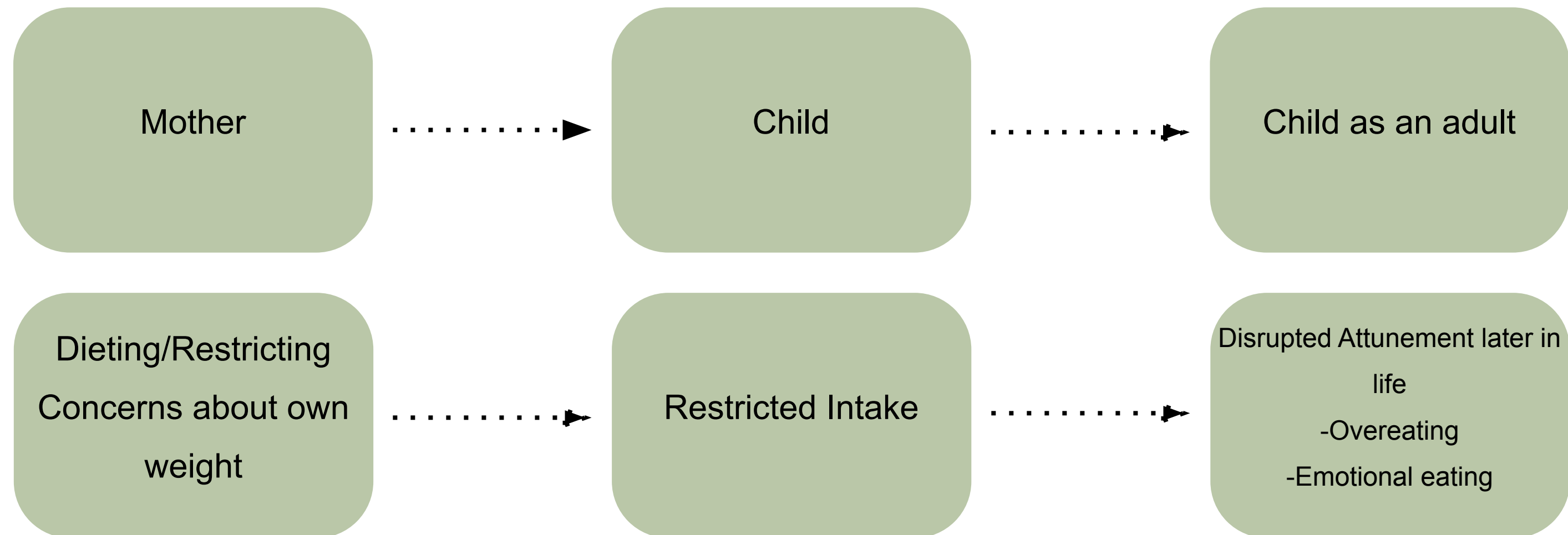
Arcelus, Jon et al. "Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies." Archives of general psychiatry 68,7 (2011): 724-31. <https://doi.org/10.1001/archgenpsychiatry.2011.74>



“MOTHERS' OWN EATING BEHAVIORS HAVE BEEN FOUND TO BE ASSOCIATED WITH HOW THEY FEED THEIR CHILDREN.”



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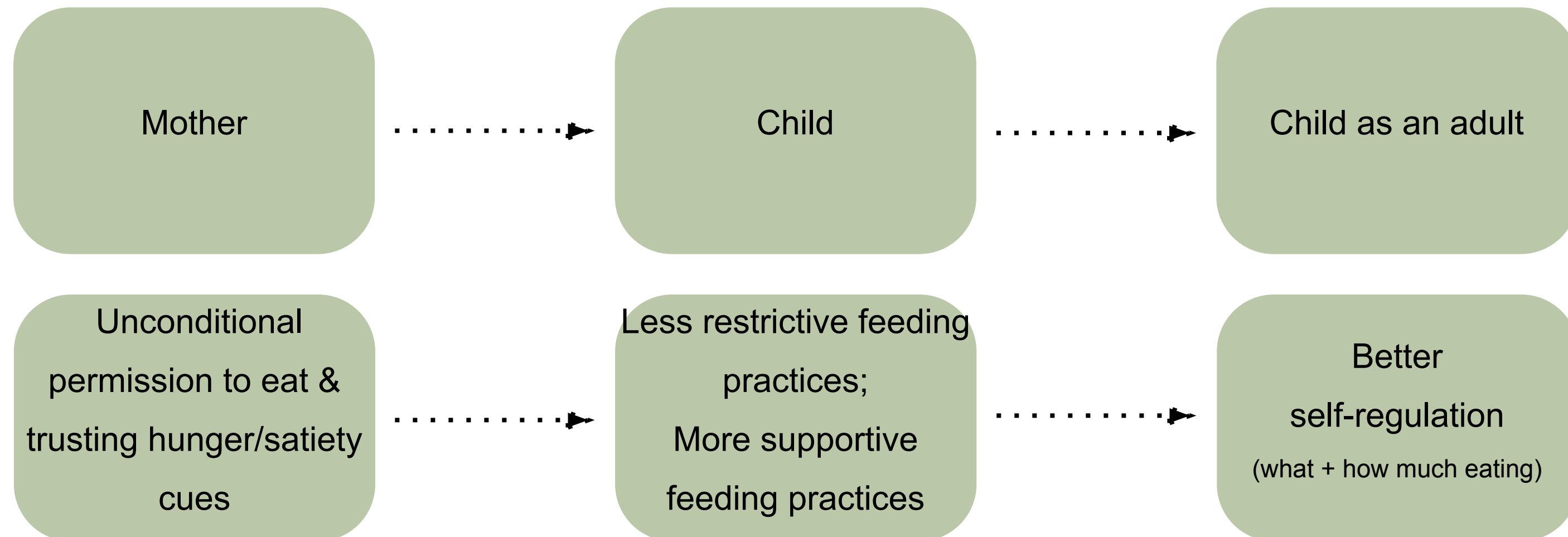
RESTRICTING A CHILD'S ACCESS TO HIGHLY PALATABLE FOODS IS COUNTERPRODUCTIVE.

Children ...

- Become more focused on the restricted food & how to obtain that food
- Eat more of the restricted food when it's available.
- May sneak it & develop unhealthy eating behaviors



“MOTHERS' OWN EATING BEHAVIORS HAVE BEEN FOUND TO BE ASSOCIATED WITH HOW THEY FEED THEIR CHILDREN.”



HOW DOES MATERNAL DIETING IMPACT KIDS?

HOW DOES MATERNAL DIETING IMPACT KIDS?

Mother-Daughter Modeling Effect:

- Mothers preoccupied with their own weight have teenage daughters who are more likely to display **weight-controlling behaviors** up to 5 years later.
- Mothers displaying sub-clinical levels of an eating disorder had daughters who were preoccupied with their body size and shape
- Mothers' weight concerns, were independently and positively associated with higher weight concerns among girls

Mothers and adult daughters tended to report similar levels of intuitive eating and well-being.

Holding, A., Lavigne, G., Vermette, L., & Carbonneau, N. (2024). Motivation to regulate eating behaviors, intuitive eating, and well-being: A dyadic study with mothers and adult daughters. *Appetite*, 199, 107403. <https://doi.org/10.1016/j.appet.2024.107403>

Davison, K. K., Markey, C. N., & Birch, L. L. (2000). Etiology of body dissatisfaction and weight concerns among 5-year-old girls. *Appetite*, 35(2), 143–151. <https://doi.org/10.1006/appe.2000.034>



THE CAREGIVER EATING MESSAGES SCALE

KROON VAN DIEST AND TYLKA, 2010

- Validated questionnaire asked students to rate the degree to which their parents/caregivers emphasized the following types of behaviors while growing up:
 - Told you that you shouldn't eat certain foods because they will "make you fat"
 - Talked about dieting or restricting certain high-calorie foods
 - Commented that you're eating too much

High levels of critical and restrictive eating messages from caregivers associated with low intuitive eating scores and higher BMI scores.

A photograph of a family of four—father, mother, and two young children—enjoying a meal of pizza. The father, on the left, is smiling and holding a slice. The mother, on the right, is laughing and holding a slice. The two children, a girl on the left and a boy on the right, are also smiling and holding slices. They are sitting at a table with a pizza box. The background is a warm, indoor setting with plants and a window.

**WHAT HAPPENS WHEN PARENTS ARE
INTUITIVE EATERS?**

PARENTS ARE PRIMARY INFLUENCES IN THE DEVELOPMENT OF EATING ATTITUDES AND BEHAVIORS AMONG THEIR CHILDREN.

Higher intuitive eating scores were associated with:

- Greater likelihood of usually having fruits and vegetables in the home.
- Lower likelihood of usually having salty snacks and soda pop in the home
- Greater likelihood of usually having enough time and energy to prepare meals.



PRACTICAL APPLICATIONS

What can *you* do to
help your kids
reclaim their inner
intuitive eater?



HOW TO ELIMINATE DIETING AT HOME...

Reduce Bias & Stigma

**Adult Modeling IE
Behaviors & Language**

Focus on Family Meals



**Create a predictable
food environment**

WEIGHT STIGMA IS A RESULT OF WEIGHT BIAS

Weight Bias: negative attitudes, stereotypes, and prejudices held against individuals because of their weight.

- i.e. beliefs that people of a higher weight are lazy

Weight Stigma: unfair treatment of individuals due to their weight

- i.e. teasing, bullying, discrimination in healthcare & social settings
- Can lead to internalized weight bias = individuals begin to internalize negative stereotypes about themselves.
- Linked to depression, lower self-esteem, eating disorders, body dissatisfaction, less frequent medical visits

IMPLICIT BIAS = UNCONSCIOUS ATTITUDES

Implicit Bias: automatic and *unconscious* attitudes that people form about various groups

- Individuals may *not* be aware they hold these biases or that their actions are influenced by them
- Can impact decision-making, potentially lead to unintentional favoritism or unfair treatment in various situations
 - i.e. allowing a thinner child to eat dessert more often than a child at a heavier weight

TO REDUCE BIAS...

- Use **neutral language** about food and bodies (examples to come...)
- **Avoid praise or shame** based on portion sizes, food choices, or weight changes
- Encourage **diverse consumption** of media and social media to see all body shapes & sizes



FAMILY MEALS ARE ABOUT MORE THAN FOOD

Kids who eat regularly with their families:

- Less likely to diet or develop disordered eating habits
- Lower rates of extreme weight control behaviors
- Greater family connection
- Improved self-esteem
- Less focus on appearance
- More body acceptance
- Encourages curiosity and connection over control

Fulkerson JA, et al. *Pediatrics*. 2006;117(2):e184–e191.

Berge, J. M., Wall, M., Larson, N., Loth, K. A., & Neumark-Sztainer, D. (2013). Family functioning: associations with weight status, eating behaviors, and physical activity in adolescents. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, 52(3), 351–357.

<https://doi.org/10.1016/j.jadohealth.2012.07.006>





TIPS FOR SUCCESSFUL FAMILY MEALS

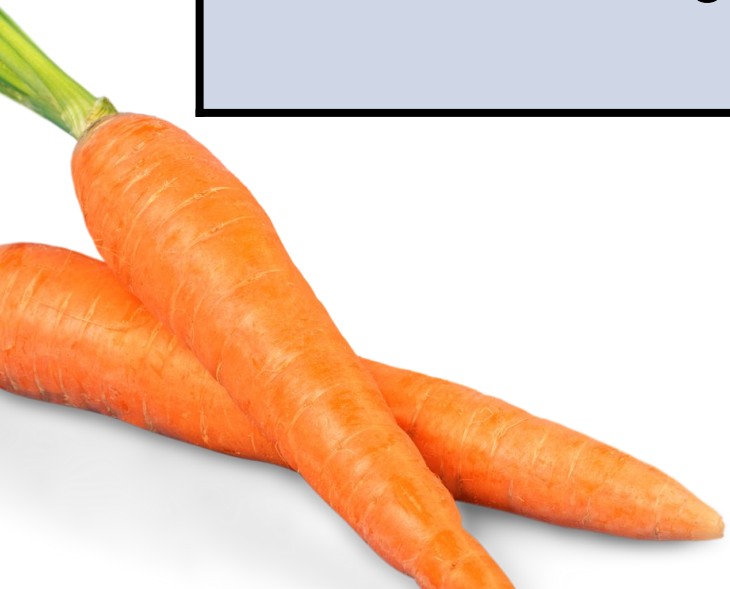
- Consistency > Perfection!
- Keep conversation neutral (no body talk!)
- Serve family-style meals
- Eliminate pressure to eat
- Keep mealtimes tech-free
- Get kids involved (age appropriately)



**MODELING THE RELATIONSHIP
WITH FOOD YOU WANT YOUR
KIDS TO HAVE**

LANGUAGE MATTERS

Instead of...	Try...
"I shouldn't eat this!"	"This is really satisfying!"
Labeing foods as "good" or "bad"	Talk about how foods feel in the body, their textures, or their flavors <i>without</i> attaching moral value.
Calling foods "healthy" vs. "unhealthy"	Label what the food does for you <i>"Carrots help you have super night vision!"</i>



Why should we eat the RAINBOW?

Eating a rainbow helps your body get a complete range of nutrients! Fruits and vegetables get their color from naturally occurring micronutrients— such as vitamins and phytonutrients—which are essential for good health.

Choose a variety of different-colored whole foods throughout the day and week.

RED	apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon	Supports heart (cardiovascular) and joint health
ORANGE & YELLOW	cantaloupe, carrots, butternut squash, pumpkin, papaya, oranges, pineapple, sweet potatoes, bell peppers	Supports healthy eyes, heart health, immune health
GREEN	asparagus, broccoli, brussels sprouts, lettuce, cucumbers, peas, spinach, green beans, green grapes	Supports healthy bones, teeth and eyes, plus helps boost immunity
BLUE & PURPLE	eggplant, beets, blueberries, grapes, blackberries, figs, dark lettuces	Supports memory, digestion, healthy aging, and heart health
WHITE	cauliflower, mushrooms, onions, jicama	Supports heart health and digestion

Instead of saying these are “good” for you or “healthy” you can say:

“Broccoli helps your bones get strong so you can grow big and tall!”
“Blueberries help your brain so you can remember your sight words!”

Name: _____

Date: _____

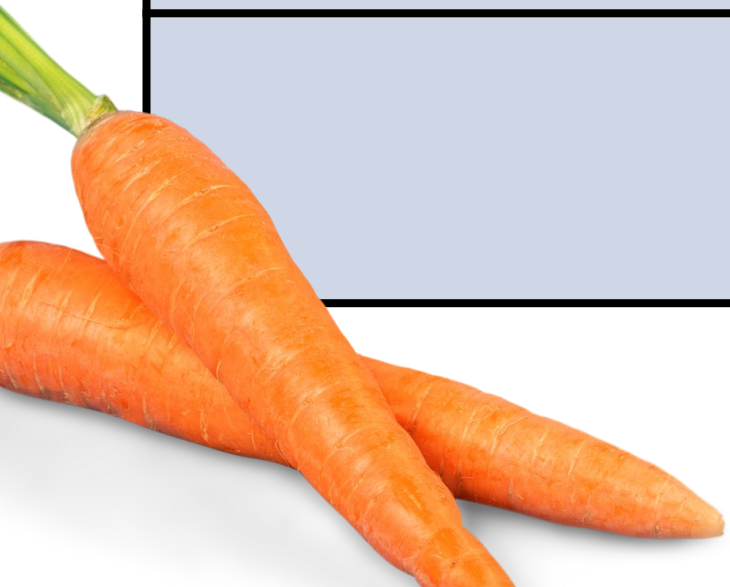
Today I Tasted...

The Food: (word or drawing)	I Tried It	I Liked It
	Yes Not Today	Yes Not Yet
	Yes Not Today	Yes Not Yet
	Yes Not Today	Yes Not Yet
	Yes Not Today	Yes Not Yet

Wow! Great exploring.
Bring this home to share with your adult.

LANGUAGE MATTERS

Instead of...	Try...
"Do you need to eat all of that"	Discuss hunger/fullness cues & how food feels in the body "Your tummy talks to you, what is it saying? Does it want more food or is it full for now? You can always finish that later/tomorrow"
"Good job for finishing your dinner!"	Not saying anything!
"I look so fat"	Not saying anything!





ACTIONS MATTER

- Avoid:
 - Body checking in the mirror
 - Pinching your body
- Try:
 - Not putting the emphasis on your body at all!

ELLYN SATTER'S DIVISION OF RESPONSIBILITY

PARENTS	CHILD
WHAT TO EAT	<i>IF</i> THEY EAT
WHEN TO EAT	HOW MUCH THEY EAT
WHERE TO EAT	



CULINARY APPLICATIONS



NEXT STEPS...

1. Help parents reclaim their own intuitive eating skills
2. Foster a positive food environment at home
3. Support kids' own intuitive eating journeys

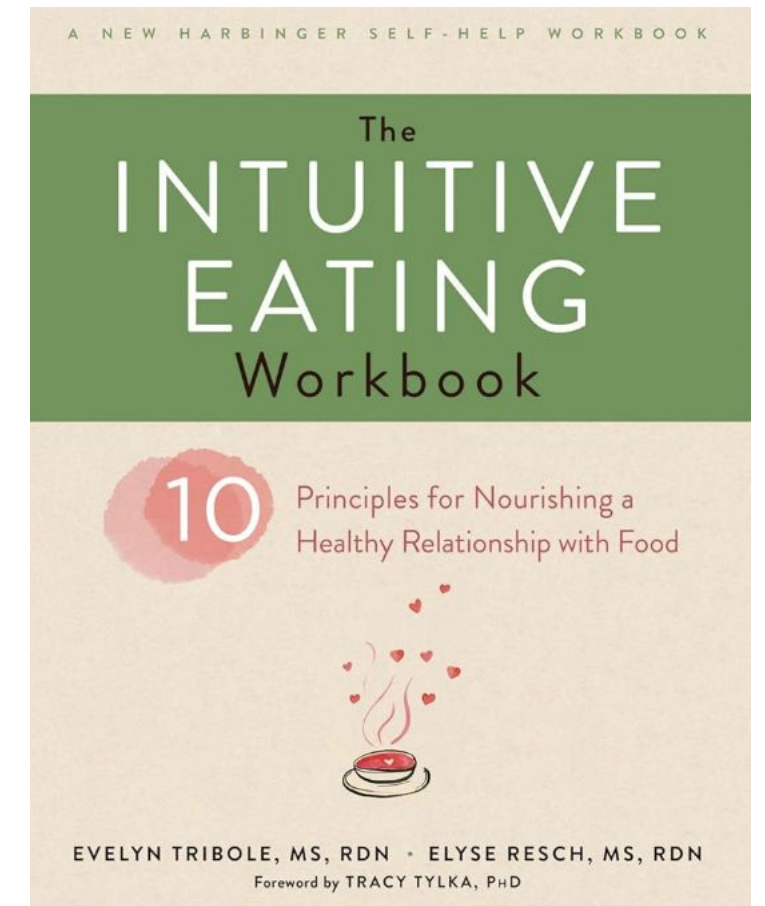
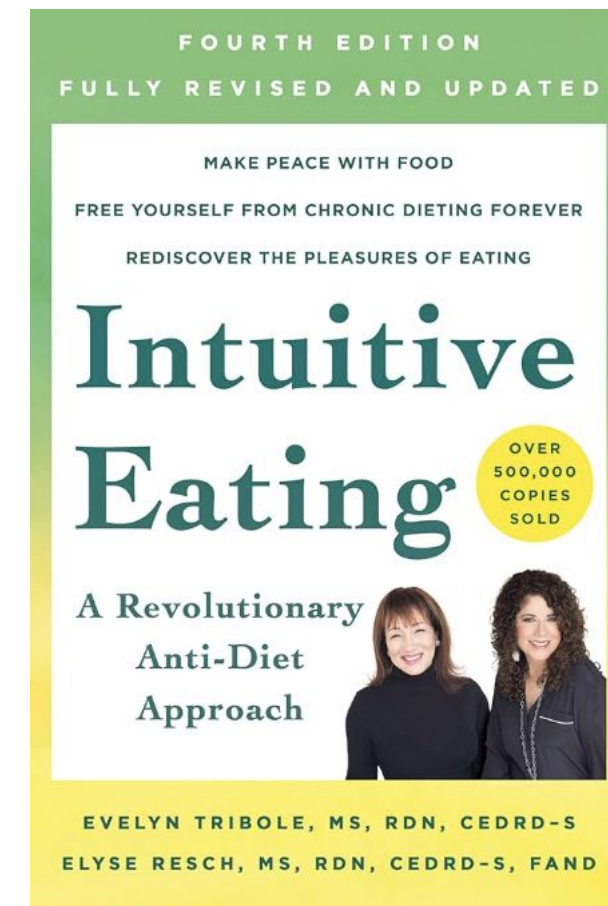


WANT TO LEARN MORE?

Intuitive Eating, 4th ed. by Tribole & Resch

<https://www.intuitiveeating.org/>

<https://www.intuitiveeating.org/studies/>



Questions?

Thank you for joining us today.

*RDNs and NDTRs, please complete the
short survey after the webinar to
download a CPEU certificate!*

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