

INTUITIVE EATING	DIETING
Promotes body trust by encouraging you to tune into your internal cues & rational thought to guide your eating & movement	Promotes body distrust by encouraging you to rely on external rules to guide your eating & movement
Put a focus on how eating and movement decisions make you feel	Put a focus on how eating and movement decisions make you look
Emphasizes self-care as the foundation for making nourishing food choices & engaging in joyful movement	Emphasizes willpower and self-control as the foundation for making nourishing food choices & engaging in fitness routines
Understands that eating is neutral - there are no 'good' or 'bad' foods and what you eat does not determine whether you are a 'good' or 'bad' person	Categorizes food choices as 'good' and 'bad' and qualifies individuals as 'good' or 'bad' depending on the food choices they make
Understands that health is not an obligation and individuals are free to move, or not move, their bodies in the way that best suits them	Obligates everyone to pursue health and characterizes individuals who choose not to engage in structured fitness as 'lazy' or 'unhealthy'