

HAES Presentation Follow-up

- 1) **Food Journaling Template:** Hunger/Fullness/Satiety worksheet attached; this is a good model for someone who wants to make more connections with food choices, how it makes them feel, etc.
- 2) **Food Rules Assessment:** worksheet attached that could be helpful to identify more of the “psychological restriction” we discussed.
- 3) **Resources to learn more:**

Books

- Health at Every Size by Lindo Bacon
- Intuitive Eating by Evelyn Tribole and Elyse Resch (*highly recommend The Intuitive Eating Workbook)
- Anti-Diet by Christy Harrison
- Body Respect by Lindo Bacon and Lucy Aphramor
- Body Kindness by Rebecca Scritchfield
- Train Happy: An Intuitive Exercise Plan for Every Body by Tally Rye

General HAES-informed podcasts:

- Food Psych
- Food Heaven
- Body Kindness

Podcast Episodes

- Food Psych #42 Health at Every Size with Linda Bacon
- Food Psych #127 Intuitive Eating & Health at Every Size FAQs
- Positive Nutrition #111 Breaking Down Weight Science