

A top-down photograph of several white daisies with yellow centers scattered on a dark, textured concrete surface. Some daisies are fully open, while others are partially crushed or have petals scattered around. The text is overlaid on the image in white rectangular boxes.

BEGINNER TIPS

TO DITCH THE DIET

AND MOVE TOWARD

EATING INTUITIVELY

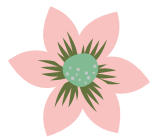
[yourhappyhealthy.com](http://yourhappyhealthy.com)

#ditchthedietchallenge



**W**elcome. I am so glad you are here! Because you are reading this eBook, I can guess that you are probably sick and tired of dieting. You may have experienced repeated dieting failures and have been blaming yourself when the diets don't work. Unfortunately, you may have also experienced one or more of the following dieting side-effects listed below. If these symptoms sound all too familiar, this challenge may be just what you need.

## *Dieting Side Effects*



A SLOWED METABOLISM



SELF-DOUBT



LOSS OF MUSCLE



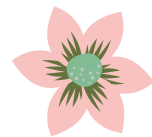
WEIGHT GAIN



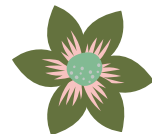
DISORDER EATING TENDENCIES



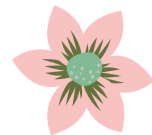
INABILITY TO UNDERSTAND HUNGER



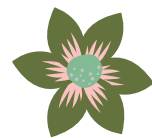
INABILITY TO UNDERSTAND FULLNESS



GUILT, FEAR, ANXIETY AROUND FOOD



A CYCLE OF UNDEREATING AND OVEREATING



MALNUTRITION, LACK OF ENERGY



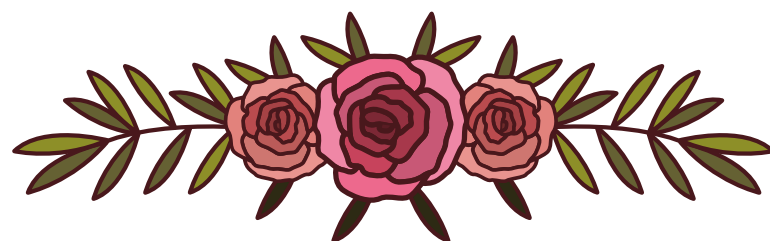
PREOCCUPATION OF FOOD AND BODY



AN OVERALL LOWER QUALITY OF LIFE

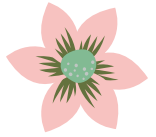
**B**y now, you probably have heard that dieting doesn't work. However, while you may understand this, calorie counting, restriction, and anxiety around food may have become practices that feel second nature to you, making it really hard to ditch the diet mentality. I have been where you are and it is a difficult place to be. However, I get it, and I want to help you to find 'your happy healthy,' just as I found mine.

This eBook is meant to help you take your first steps toward ditching the diet and gaining food freedom to help you find 'your happy healthy.' This eBook is designed to break down 10 beginner steps to help you begin to ditch the diet. My goal is to help you get your feet wet in the non-diet world and to help you to see how it feels to live without the diet mentality. As you progress through each challenge, I want you to notice any changes the challenge brings you, how it makes you feel, how it affects how you view your health behaviors, and how the changes you make affect your overall sense of worth. When ditching the diet myself, I used these exact same ten steps that I layout for you in this eBook. It is through these ten steps that I have found my 'happy healthy.' Now it is time for you to find yours.

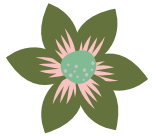


# Suggestions

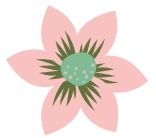
AS YOU MOVE THROUGH THESE CHALLENGES:



Take each step a day at a time to allow yourself to slowly implement each step over a 10+ day period. Try not to look ahead and peek at the upcoming challenges.



Get yourself an accountability buddy to help support you and cheer you on along the way.

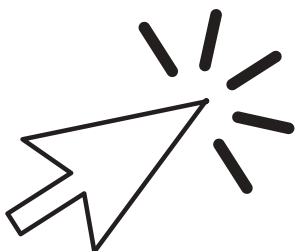


Go at your own pace and show yourself a lot of compassion!

\*\*\*Ditching the diet is not easy. The purpose of these challenges is to help you to take *little baby steps* that *ultimately* help you ditch the diet forever and become the expert of your own body.



As you progress through the challenges, you will come across this quotations icon. The pages with this icon are pages I have added that contain additional insight and advice from other dietitians and dietetic interns who bring their own unique wisdom to each challenge.



As you progress through the challenges, you will also come across this arrow icon. When you see this icon, you are on a page of the eBook that contains links to mentioned resources.



REFLECT ON YOUR DIET HISTORY.  
THEN IMAGINE A LIFE WITHOUT DIETING.

#ditchthedietchallenge

**I**t is hard to imagine a life without dieting. However, that is what I want you to do today. Start thinking about what you want out of these challenges and why it is you want this. I want you to begin this journey by understanding your motives behind choosing to participate in the first place.

Dieting gives us a lot of unnecessary negatives in our lives. Besides what it has given you, I want you to think about what it has taken away. Whenever I think about the consequences of dieting...I think about this: *health is supposed to allow us to fulfill our life's purpose, not to be our purpose in life.*

When we diet, so much of our time and attention goes to the diet. The diet usually takes priority...priority to social activities, self-care, fun, experiences, and basic human needs... like appropriately fueling our body. When we prioritize dieting, our time and energy go to dieting, which means our time and energy are being taken away from our opportunities to do so many more worthwhile things. Dieting takes us out of life's moments; moments we will never get back; moments that are wasted while we are too preoccupied with diet culture.

So I ask you to reflect today. Why do YOU want to swap dieting for intuitive eating? How would a life free of dieting look for you?





"Rejecting the diet mentality is the single most important principle of Intuitive Eating because without taking this crucial step, none of the other principles can fully be embraced. You can't fully turn inwards and connect with your hunger and fullness cues if the front of your mind is always thinking about what and how much you should be eating. You can't honor any of your body's needs if you are constantly making food and movement choices with the intention of manipulating its size.

## **STRENGTHEN YOUR ROOTS BY EVALUATING YOUR VALUES**

What do you value? What does it mean for you to really experience life? What kind of memories do you want to have? How do you want to impact others? What does treating others with kindness mean? Are you able to treat yourself the same way?

## **COLLECT EVIDENCE: CREATE A DIETING TIMELINE**

Write down, in chronological order, all the dieting attempts you can remember engaging in. What was the motivator for each? How did this diet affect your every day life, your mental health, and your body? What was the end result? Did your body change again after you stopped the diet?

## **IMAGINE FREEDOM**

Flexible equals freedom....freedom from diet culture; freedom from thought bullies; freedom from constantly feeling that your body is wrong; freedom from feeling you have to micromanage your food choices."



*"The stronger you are  
rooted, the more  
flexible you become."*



HALEY GOODRICH, RD, LDN



EATING DISORDER NUTRITION THERAPIST

4099 WILLIAM PENN HWY. STE 202

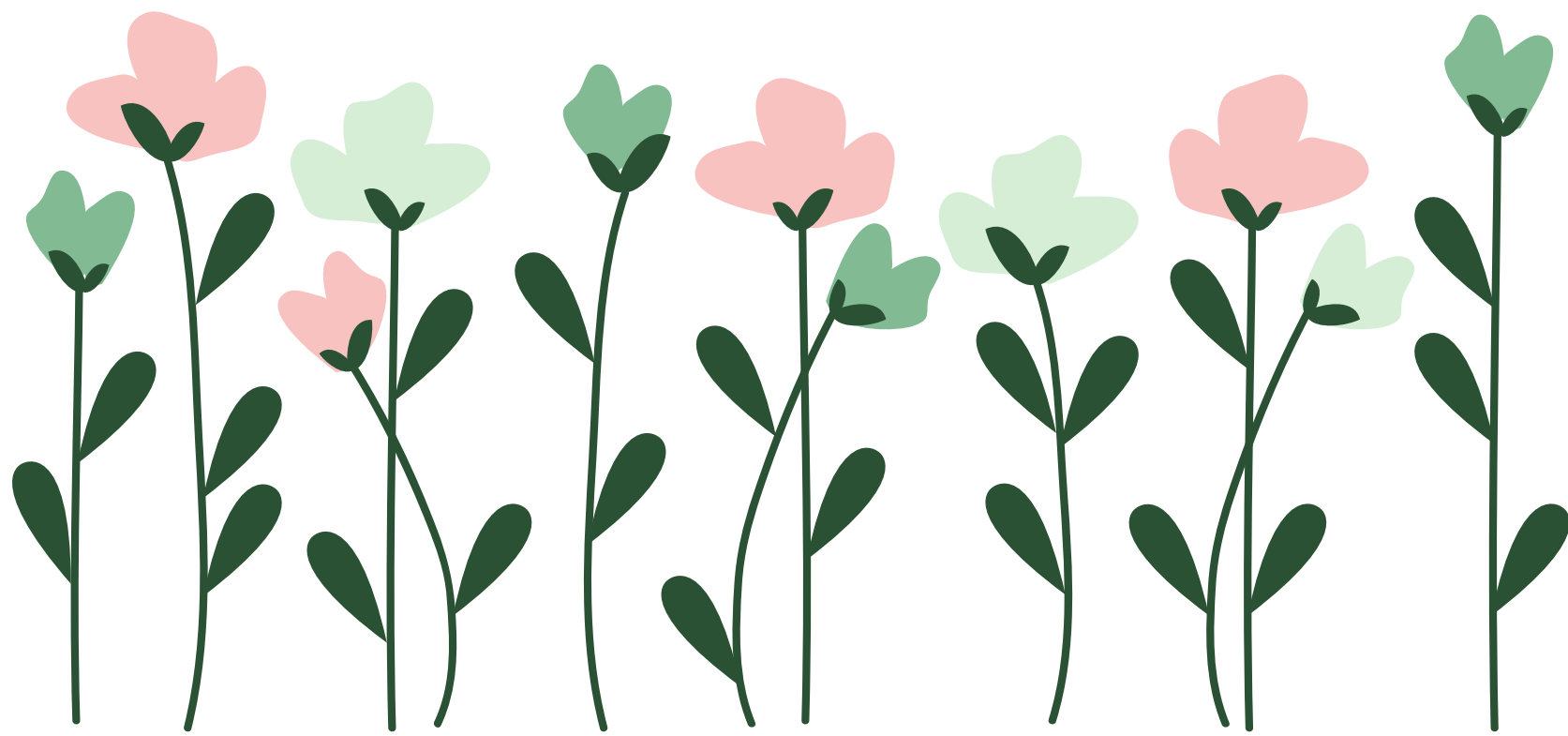
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*"Health is supposed to allow us to fulfill our life's purpose, not to be our purpose in life."*



HOW I USED TO  
SPEND MY TIME  
WHILE DIETING:



actually  
enjoying life

HOW I SPEND MY  
TIME AS AN  
INTUITIVE EATER:



thinking about what  
I want to eat &  
appreciating my body



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# More from the Author

JAMIE MAGDIC



## Links

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