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Paperback — Bargain Price, September 11, 2003

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Authors: Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D.,

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What Is Intuitive Eating? Exploring the 10 Principles ...

This article appeared in the November 22, 2015 issue of The New York

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Intuitive Eating is an evidenced-based, mind-body health approach, comprised of 10 Principles and created by two dietitians, Evelyn Tribole and Elyse Resch in 1995. It is a weight-neutral model with a validated assessment scale and over 90 studies to date (Tribole 2017).

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