

# your rights as an intuitive eater

- 1] You have the right to savor your meal, without cajoling or judgement, + without discussion of calories eaten or the amount of exercise needed to burnoff said calories**
  
- 2] You have the right to enjoy second servings without apology**
  
- 3] You have the right to honor your fullness even if that means saying "No thank you" to dessert or a second helping of food**
  
- 4] It is not your responsibility to make someone happy by overeating even if it took hours to prepare a specialty holiday dish**
  
- 5] You have the right to say "No thank you" without explanation, when offered more food**
  
- 6] You have the right to stick to your original answer of "No" even if you are asked multiple times. Just calmly + politely repeat, "No thank you, really."**
  
- 7] You have the right to eat pumpkin pie for breakfast**