Selected Studies
By Evelyn Tribole, MS, RDN, CEDRD-S

Intuitive Eating Studies ............................................................. pages 1 to 9
Interoceptive Awareness Studies ............................................ pages 9 to 10
Food Restriction/Dieting/Binge Eating Studies ....................... pages 10-12
Inefficacy and Harm From Weight Loss Interventions .............. pages 12-13

INTUITIVE EATING STUDIES


intuitive eating characteristics in a military population. *Mil Med.*


Tylka, T., R. Calogero, and S. Danielsdottir. 2015. Is intuitive eating the same as flexible dietary control? Their links to each other and well-being could provide an answer. Appetite 95:166-175.


SELECTED STUDIES ON INTEROCEPTIVE AWARENESS

*denotes notable paper


**FOOD RESTRICTION/DIETING/BINGE EATING**


INEFFICACY AND HARM FROM WEIGHT LOSS INTERVENTIONS


*Evelyn Tribole, MS, RDN, CEDRD-S*  
Rev 10-16-19  118/IE


