

RESOURCES FOR BODY ACCEPTANCE & INTUITIVE EATING



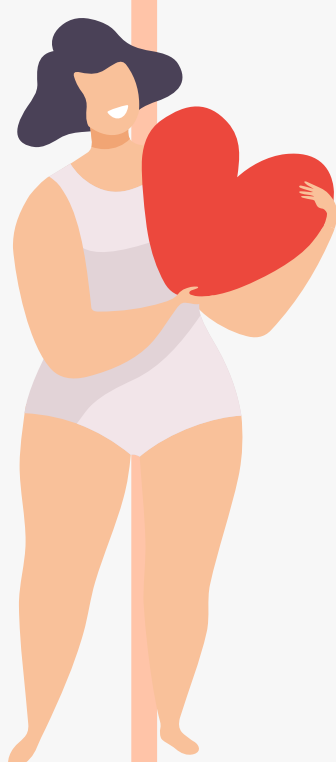
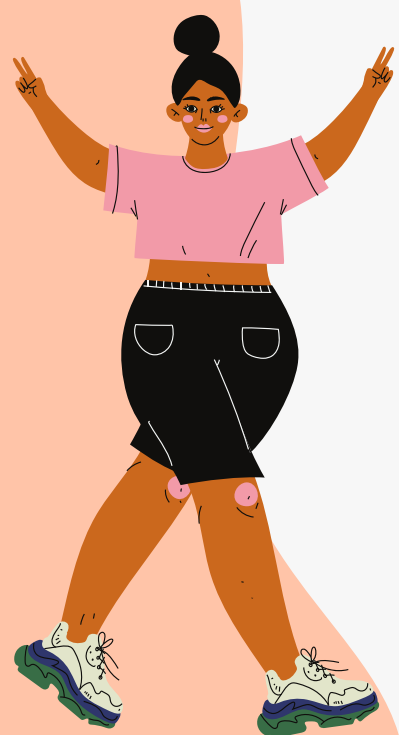
Instagram/Facebook Accounts:

- @find.food.freedom (Sam Previte, RD, LDN, CPT)
- @thenutritiontea (Shana Minei Spence, MS, RDN, CDN)
- @real.life.nutritionist (Miranda, RD)
- @the.balanced.dietitian (Marie-Pier Pitre D'Iorio, RD, BSc Psych)
- @thebirdspapaya (Sarah Nicole Landry)
- @alexlight_idn (Alex Light)
- @zachmiko (Zach Miko)



BOOKS:

- **Body Kindness** by Rebecca Scritchfield
- **The Body Is Not An Apology** by Sonya Renee Taylor
- **Body Respect** by Lindo Bacon and Lucy Aphramor
- **The F**k It Diet** by Caroline Dooner
- **Just Eat It** by Laura Thomas
- **Anti-Diet** by Christy Harrison
- **Intuitive Eating** by Evelyn Tribole & Elyse Resch
- **More Than a Body** by Lexie & Lindsay Kite
- **Good Food Bad Diet** by Abby Langer



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