



Relationship with Food

Do you struggle with your weight? Do you have a long history of yo-yo dieting? Do you avoid foods you enjoy because they are “bad” but then if you eat them, you feel guilty or ashamed? If you answered yes to any or all of these questions, it is likely you have a bad relationship with food. As a wellness coach, I coach a lot on relationships among people but quite often we don’t consider that we actually have a relationship with food as well. It is critical to make that realization and understand your personal relationship with food if you want to be healthy nutritionally. Unlike animals who use food strictly for fuel to survive, humans relationship with food goes much deeper than that has an effect on us psychologically. It is important to know that developing a healthy relationship with food is like fostering any other type of healthy relationship. It takes time, patience, compromise, and practice. Here are some tips to help you get a healthy view of food. It all starts with what you think about food. Having a healthy diet is not black and white and it is different for everyone. You must learn to do what works for you and avoid following nutrition fads and trends. It is all about balance that you should learn to manage. You must get back in tune with your body. You have a built-in food intake regulator. Your body naturally tells you when it’s hungry and likewise, it tells you when you’re full. Listen to your body. Avoid labeling food as “bad” and/or off limits. This creates a mindset of depravity and only makes you want what you “can’t” have even more. Let go of the “all or none” mentality. For example, if you just can’t resist the urge and eat that donut don’t instantly throw in the towel and reach for another one. If you have that donut, enjoy it and when lunch time comes, make a better choice. Ditch the phrase “I’m on a diet”. Don’t say it and don’t think it. Those words scream negativity to the subconscious mind and again only makes you feel like you can’t have what you want. Being on a “diet” feels like punishment for bad behavior. Take control and say, “I can eat whatever I want, it is my choice.” That mindset frees you up to feel in control and in charge. Feeling in control is empowering and sets you up to make better choices rather than defeated choices. Understand that a good and healthy relationship with food welcomes all foods in moderation and allows you to eat your favorite foods. You control food, food does not control you. Above all, be kind to yourself and stop judging yourself for your food choices. Just like with all self-improvement journeys, it is beneficial to set a goal but remember to reach that goal you must take action one day at a time, one food choice at a time.

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