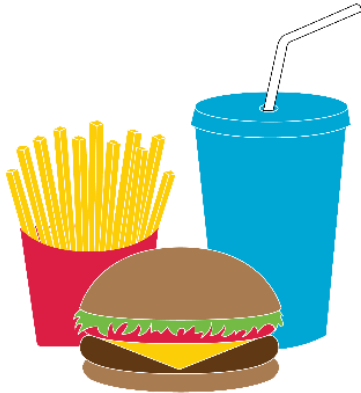


A POSITIVE RELATIONSHIP WITH FOOD



In a positive relationship with food, there aren't any "bad" or "good" foods. All foods nourish your body with nutrients and energy. This means that food is **morally neutral**. One way to create this **positive** relationship is to change the language you use around food.

Food is not good or bad. Food is food.

Below are examples to help you make healthy changes to form a positive relationship with food.

Let's shift perspectives!

Instead of limiting foods, how about accepting all? This is part of forming a healthy relationship with food. Body signals like hunger, thirst, and cravings are what help you choose what to eat. By being mindful and listening to your body, you can make better decisions.

Express gratitude to your food for providing nutrients and joy.

"This cheesy pasta has really helped me relax after finishing up a busy day at work."

Accept that there is no food hierarchy (some foods are better than others).

"I love having chocolate chip cookies as a mid-day snack to fuel me up!"

Listen to your body.

"I'm feeling a bit too full now. It's okay if I don't finish my meal. It's also okay if I become hungry later and eat the rest."

"Fattening", and "unhealthy" are often used to describe food. These words can lead to **unhealthy** food relationships and **negative** eating behaviors.



Instead, use your **five senses** to describe food. Use words like, "sour", or "crunchy". Changes like this can help you form a **better** relationship with food.

Can you think of other ways you can form a positive relationship with food?

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