

FRIEND OR FOE?

CREATING A HEALTHY RELATIONSHIP WITH FOOD



Ughhhh food, you hate to love it, and love to hate it. Food is one of those very complex aspects of life – we celebrate with it, mourn with it, it's there when we are stressed, bored, in the middle of the night and right there when we wake up. On top of that, everywhere you turn, someone or something is telling you what you should and shouldn't eat! It can feel like there is no escaping.

But here's the thing... feeling as if food's the enemy is only going to make things worse. Accepting food choices and practicing forgiveness is the first step to rekindling your relationship.

So next time you eat anything; I want you to take a deep breath and ask yourself why? And remind yourself there is no wrong answer. *"Why am I eating a cookie? Oh because my toddler shoved it in my face!"* Or *"Why am I eating these strawberries? Because no one else is going to and they are about to go bad"*.

Relinquishing the guilt is a long process but the first step is being aware and embracing food rather than shunning it.

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