

Food should not be Associated with Guilt

Everyone deserves to eat. Feelings of guilt should never exist when it comes to food- there is no crime in eating. Your body requires frequent feedings and essential nutrients to function optimally.



The human brain is approximately 2% of your body weight but uses roughly 20% of your energy (calories). Its dry weight is 60% fat and requires that you consume essential fatty acids from food.

What is "Normal Eating"?

"Normal eating" is hard to define and may look different for different people. Some common themes in people with healthy relationships with food include:

- 3 meals per day and snacks
- Eating when you are hungry and stopping when you are satisfied
- Adding condiments to foods
- Sometimes overeating until you feel uncomfortably full
- Sometimes eating less because you are busy or not hungry
- Eating food you enjoy without guilt
- Eating a variety of foods



RESPECT YOUR BODY

You only get 1 body, and it deserves respect. Research shows that negative thinking can increase blood markers of inflammation. How you talk to your body is important and daily positive affirmations can help.

CHAT WITH ME!

Have any questions concerning food, nutrition & overall health? Feel free to email me on mmhardy@stfx.ca for any inquiries