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**Signs you
need to
work on
your
relationship
with food**

**And how to
find food
freedom!**



As a Nutritionist, I know most people have a good idea of *What* to eat, but they feel stuck around *How* to eat.

- They are craving and overeating on foods that they know to be unhealthy
- They struggle to stop eating even though they are full, so portion sizes are often too large
- They struggle to separate foods from their emotional needs

They believe this is because they don't have enough willpower to follow the rules, when in fact an unhealthy relationship with food is actually the problem.

The rules, diets and advice you have been given are not helping you, they are probably only making the situation worse!

But, how do you know if you have a problem with your relationship with food?

Well here are some key signs:



5 KEY SIGNS

That you have an unhealthy relationship with food

01

You see foods as good and bad

You attach morality to foods like *'Broccoli is good'* or *'Chocolate is bad/naughty'*. When you eat these foods you therefore feel good or bad as a person, leading to guilt and shame from eating foods from the bad list.

02

You can't have certain foods in the house

You say things like 'I can't have chocolate in the house- I will eat the lot', or you feel you are addicted to certain foods. This is a lack of trust in yourself and often arises from restriction and relying on external cues/diet rules to tell you when to eat

03

You often turn to food for comfort or when stressed

You eat to manage your emotions- when you feel stressed, sad, bored, lonely...you turn to food for comfort

04

You say no to friend to avoid 'breaking the diet'

You say no or worry about seeing friends when there is food involved because you see food as calories and this will mean you 'fall off the wagon'. You are missing out on enjoying life for the sake of your diet.

05

You have 'Cheat days'

If you have to have cheat days, this is a sign that your diet is not working for you.

If you feel you are cheating because you eat a 'naughty' food' this implies an all or nothing approach and is a sign that you have an unhealthy relationship with food and can lead to binge eating type behaviours.



Don't worry if you recognise some or all of these signs, **you are not alone**, so many people feel like you do and there is **lots you can do** to heal this relationship.

Finding **food freedom is a process**; it's not about the next diet, more nutrition knowledge or trying to 'eat clean'

It's about the **work you do on the inside** to help you let go of the food rules and the quest for 'perfect eating'.

It's about learning that food plays an important part in your life, to support your physical health, but also so much more. **Food is about connection, pleasure, culture, memories** and more.

It's about **learning to live life to the full** and not be held back by the restriction a diet places on you or the body image issues you are experiencing.

It's about learning to **listen to your body** and learning to **trust** yourself to respond in a compassionate and helpful way.

It is learning **you are more than a number on the scales!**

Life is for living- why waste any more time being held back by your relationship with food



*The world teaches us to disconnect from our bodies.
And then blames us for having an unhealthy
relationship with food. It sells us diets and false ideas,
but there is another way!
You deserve to develop trust with your body again and
have a healthy relationship with food.*

You can find food freedom

Improving your relationship with food can be difficult and support from a professional can give the tools, strategies and support you need to navigate this.

"Since working with Kate, I have started to be more aware of how my mood/emotions have an impact on what I eat. I have started to try and be more compassionate with myself and talk to myself how I would talk to a friend."

The most surprising thing is how all the work we did at the beginning about thoughts, feelings, emotions now falls into place as we start to work on the more 'normal' nutrition.

Because the approach is different to anything that I have experienced before and I believe that it will work when other things have failed."

Tracy- 1:1 coaching Client

Ready to find your food freedom- get in touch for a free no obligation discovery call to see how I can help you find food freedom and flourish!

