the sociEATy

stage 4:
making peace with food

video 1 workbook

use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

no food rules.

identifying food rules

A food rule is when you allow external information (such as diet plans, tips, advice, etc) to be the sole or major determinant of your food choices or feelings about a specific food or category of food with disregard to your own body's signals, desires and feelings.

Food rules can take the form of only eating certain foods (restricting), following habits or patterns that you've always done without regard to your present needs/desires, feeling certain morality towards food (salads are good, pizza is bad), having the need to "earn" your food by working out in order to eat something, etc.

It's important to note that you can have food rules even if you don't follow or act on them. For instance, if you feel that pizza is bad, yet still eat said pizza and feel guilty over it or that you "shouldn't" have eaten it, a food rule is still present there- the morality food rule. Labeling foods, "shoulding" yourself, all of it is considered a food rule.

Even though you may have thought you've given up dieting by no longer following a specific diet plan you may still have some lingering diet mindset. It's important to note that diet-like thoughts lead to diet-like behaviors. This can be called "pseudo dieting" or "unconscious dieting". These sneaky little diet culture thoughts and beliefs might not even be apparent to you. Here are some examples of pseudo dieting.
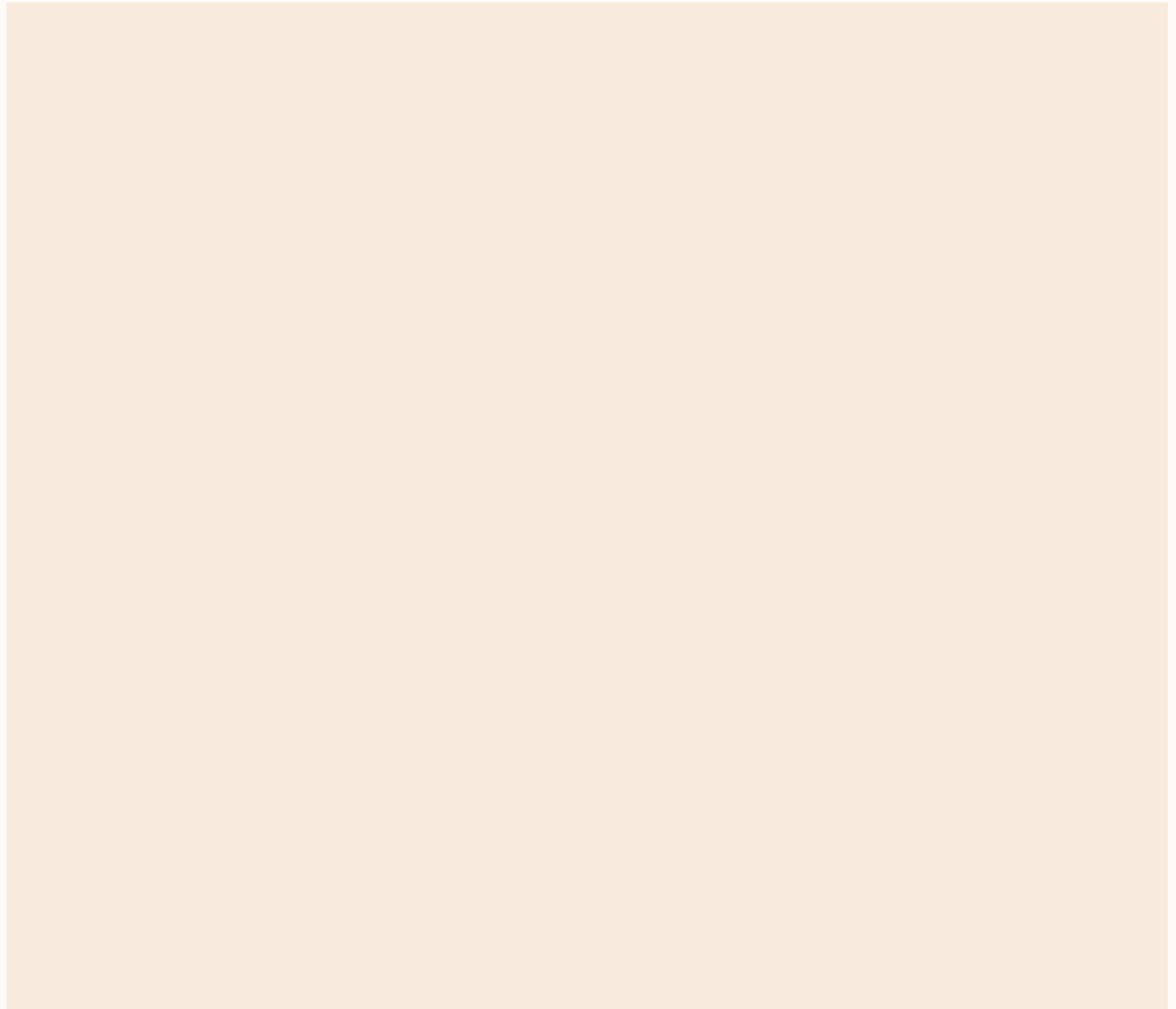
examples of psuedo dieting

- Counting grams of macros of carbs or just trying to avoid or limit them
- Only eating "safe foods" such as sticking to low calorie, low fat foods you feel comfortable eating
- Only eating at certain times of the day or sticking to a set schedule.
- "Making up" for eating something "bad" or going over a limit you set for yourself
- "Cutting back" on food when clothes feel tight, you didn't exercise, or if you ate more than usual
- Try to "curb" hunger with beverages

- Eating differently in front of other people VS alone
- Feeling like you're in competition with someone who is dieting
- Second guessing what you "deserve" to eat or judging yourself
- Being a vegetarian or vegan only for the purpose of losing weight or being "good" not for moral or ethical reasons
- Following a "lifestyle" that tells you what you can or cannot eat, what foods you should eat more of or less of, but packages itself up as "flexibility"
- Rigid "healthy eating"

identifying food rules cont'd

Take a second to begin a list of the food rules that you have. I say "begin" a list because you'll likely add to it over time. Food rules are SNEAKY like that. So don't over analyze this, just see this as a brain dump and a "working" list for now. In the next video/workbook I'll tell you exactly how to go about breaking these foods rules so for now, just start your list.

My food rules are...

getting real about your rules

Food rules may seem innocent, and often they do start out that way. However, no matter how they start, all they end up doing is taking away our ability to listen to our bodies. All of the statistics we went over in a previous video about diets not working applies to food rules as well. Let's recap a few:
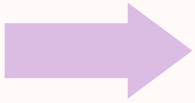
➡️ We have LEVEL A evidence showing that dieting leads to future weight gain. (That's the same level of evidence we have to show that smoking causes cancer!)

the research shows

- Up to 2/3 of dieters gain back more weight than they ever lose
- 66% of dieters regain all their lost weight in 1 year
- Repeat dieting can be harmful to mental health
- 35% of dieters go on to develop disordered eating

Take a moment to think about some of your food rules and what the true outcome was.

food rule	reason for starting	thoughts/mood/ feelings during	what happened if you broke it?	other notes

overcoming food guilt

Self-talk is a powerful tactic to overcome food guilt. Pick a food-related mantra or affirmation to say to yourself when you have these thoughts. You can brainstorm different ideas or pick one that resonates with you the most. One of my personal favorites is "guilt is not an ingredient" and "Some foods nourish my body more and some my soul, I need and deserve both". Take a look at Pinterest or ask for suggestions in The SociEATy group!

Mantras/affirmations to fight food guilt...

Examples: "guilt is not an ingredient", "all food is good food", "some foods nourish my soul more than my body- I deserve both types"

You can also try journaling out your feelings. Write down what your thoughts are about the food, just do a brain dump.Then, go back and assess.

journal prompt ideas

- Why do I feel like I shouldn't eat this food?
- Where did I learn this food rule?
- How has this food rule served me in the past? Did it backfire?
- How would life be different if I saw this food neutrally?