

# Finding the Joy in Food



## How is your relationship with food?

### What is a diet?

A diet is a change in the way you eat from day to day

### Why don't diets work?



Restrict variety and choice



Make eating feel like a burden



Difficult to stick to long term



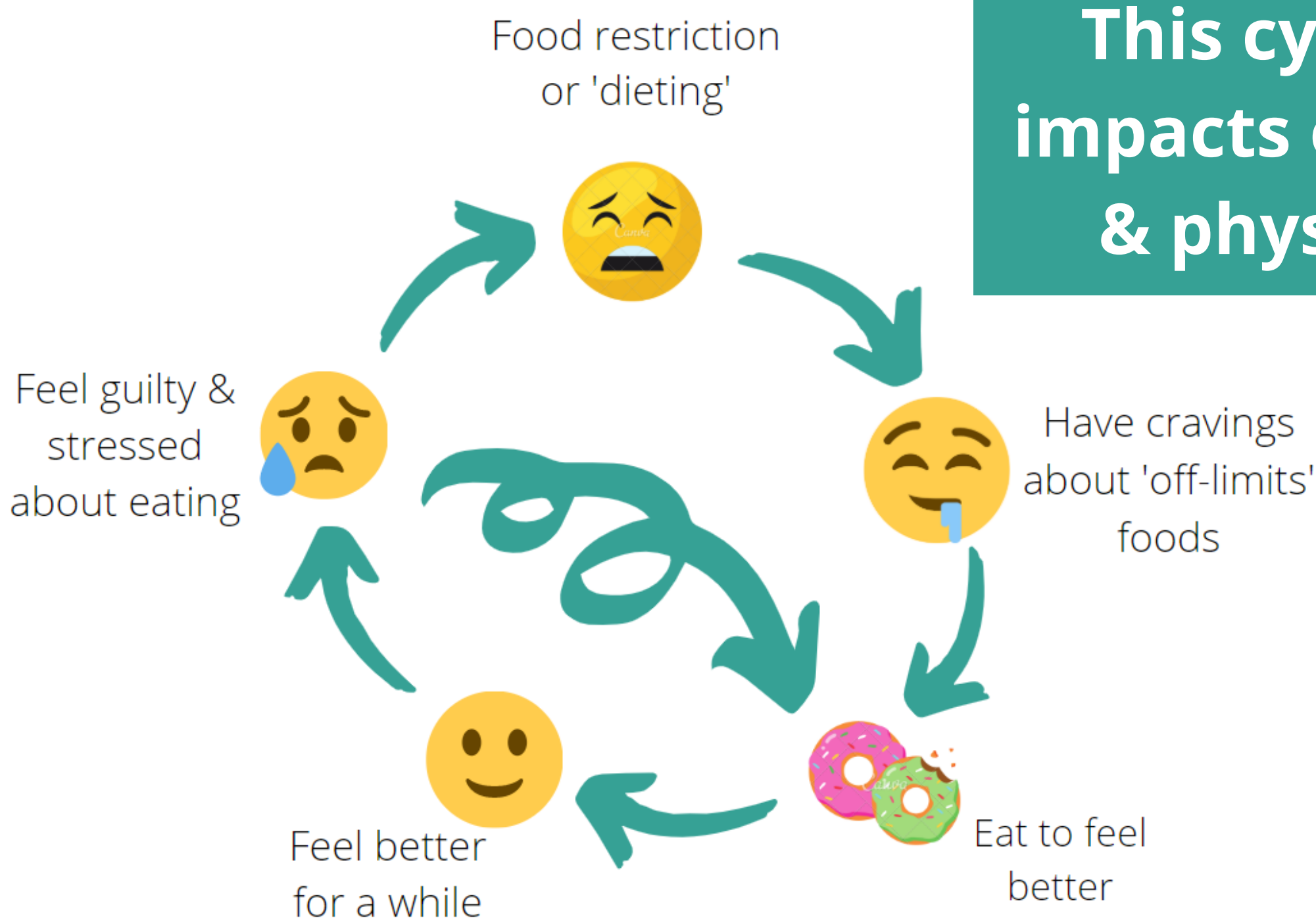
Encourage unhealthy eating habits e.g. skipping meals & bingeing



Damage self esteem

### The Dieting Cycle

**This cycle has poor impacts on our mental & physical health!**





# Tips to Rebuild Your Joy of Food

1

Eat for health not weight loss and limit dieting

2

Eat foods that nourish your body, taste good and make you feel well

3

Eat regular meals - 3 main meals and 3 snacks per day

4

Enjoy eating mindfully - focus on exploring tastes and textures

5

Make simple achievable health goals

6

Limit labelling food 'good' and 'bad' - everything in moderation

**My Goal:**

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**Dietitian:**