

# HUMAN PERFORMANCE CENTRE

**Want to Improve Your Relationship with Food? We Can Help!**

## **How is your relationship with food?**

Equally important to the food we eat, is the relationship we have with food and eating. Many people believe that getting the right nutrition is complicated. It doesn't help that we are all bombarded daily with messages about food and eating the 'right way'. No wonder healthy eating has become confusing - the sensible voice of moderation and balance has been drowned out by the 'wellness' movements of social media. Instead of finding

enjoyable ways to nourish themselves with food, people are jumping from one extremely restrictive diet to the next in hopes for better health, and often in hopes of changing their bodies. Unfortunately, this often results in self-shaming and judgement as diet attempts often fail which is then blamed on personal lack of willpower. This can take a significant toll on physical and mental well-being.

Dieting to change one's body size or shape, binge

eating, skipping meals, counting calories, feelings of guilt and shame after eating certain foods, self-worth based on body size or shape and experiencing anxiety and stress around eating are all examples of disordered eating behaviours that have unfortunately become very common. Feelings of guilt and shame around eating can be observed in people from all walks of life, and all age groups from preschool aged children to older adults.

There are a number of behaviours that help along the ongoing

journey of normalized healthy eating:

- Eating regular meals and snacks for nourishment and enjoyment
- Planning meals, grocery shopping and eating out
- Eating more on some days and less on others
- Craving certain foods
- Avoid labelling foods as 'bad' or 'good'
- Eating a wide variety of foods, including eating foods just because they taste good
- Responding to body cues such as hunger and fullness

Achieve Your Best  
... We Can Help.

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The food we eat is only one of the many determinants that affect our health and worrying too much about food and eating is in fact very stressful and disruptive to everyday life. Let's embrace the role food and eating plays in bringing people together. Normalizing eating behaviours can have a positive effect on peoples' abilities to take care of themselves and their bodies to feel healthy and happy.

**Julia Besner, RD**

*Julia is a Registered Dietitian at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. She can help you rediscover a healthy relationship with food and eating. You can contact her at 738-8299.*



**738-8299**

**3636 Westfield Road**

**PHYSIOTHERAPY**

**MASSAGE**

**FITNESS**

**NUTRITION**