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## Building a Positive Relationship with Food

For too often and for too long, dieting trends have focused on restrictive rules and guidelines (don't eat this or that...or that, or that...) without a true focus on eating foods we love and balancing healthy choices amongst them. Forming a healthy relationship with food allows us to feel better and bring satisfaction, not deprivation, back to mealtime.

Kick off a healthy relationship with food by determining why you eat. We all know our basic need for eating is because we need energy to survive, however, research has shown that there are numerous reasons that cause us to eat. Family and friends, food packages and labels, the sizes of serving spoons, plates, and cups, colors of foods, and distractions while eating all play a part in how much food we consume—and how we feel after a meal.

### **Practice these tips to make fueling up less of a battle and a bit easier to achieve.**

- 1. EXPERIENCE YOUR FOODS.** Eating has become less of a joy and more of a task to get done as soon as possible. Eat slower, pay attention to tastes, textures, temperatures, colors and sounds of foods.
- 2. DON'T FEEL GUILTY.** All foods can easily fit into a healthy lifestyle. Balance foods that you love with those that fuel your body—some may even do both!
- 3. PAY ATTENTION TO HUNGER.** Use hunger to decide when to start eating. Use fullness to decide when to stop eating. Stay hydrated; dehydration can feel similar to hunger.
- 4. TAKE NOTE OF WHICH EMOTIONS CAUSE YOU TO EAT.** Aim to cope with those emotions, such as stress, in some way that doesn't involve food. You might not be able to avoid stress, but you can practice healthy ways to relax.
- 5. DON'T SKIP MEALS.** Don't let the foods you eat define you but rather, let them nourish you and fuel your goals, inspirations and creativity.



*Source: This article originally appeared in GlobalFit's GO Newsletter*

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