

The Registered Dietitians of the Grande Prairie PCN say this is

THE #1 RULE

The most valuable food rule, that helps to support overall physical, mental, emotional, and social health would be:

Drop the rules altogether.

Research shows that the act of dieting, food rules, and labeling foods as good and bad are detrimental to our long-term physical and mental health. Therefore, creating more rules surrounding food and eating does not set us up for long term success. Why is this?

1. Firstly, there is **NO** one food that is solely good or solely bad. You can eat some of **ALL** foods and be healthy. Too much or too little of any food can result in negative health consequences.
2. What is healthy, sustainable, and enjoyable for everyone will look different, and therefore, rigid food rules that are one size fits all do not set us up for success but rather sets us up to feel or blame ourselves. The reality is, it is the rule itself that is failing us, not ourselves.
3. Food rules are black and white. Often food rules sound or look like, “eat this not that”, eat at certain times or **DON'T** eat at certain times. What happens when we feel deprived, restricted, or rebellious? Often, we enjoy the food we label as bad, and this may lead into a cycle of frustration or guilt or we may feel that “since we are off the wagon anyways, we may as well go all out until we decide it's time to start all over again”. This is an emotionally and physically exhausting cycle that is **NOT** beneficial to our health in the long run.

You can find more information on nutrition and healthy eating at
www.grandeprairiepcn.com/resources/dietitiantip



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What to do instead:

1. Allow space for the foods you enjoy, and self-compassion surrounding enjoying them.
2. Listen to your hunger. Practice trusting your body and listening to what it needs. It is okay to eat when your body tells you it is hungry.
3. Drop the Food Guilt. This is easier said than done. In our diet-centric culture, it is very understandable that many individuals feel guilty for eating certain foods. Therefore, if we are unable to drop the guilt, we could recognize and reflect on **why** we are feeling guilt and then be mindful of how we respond to that.
4. Seek Support from a **Registered Dietitian** that embraces and has training in mindful eating, food relationships, and intuitive eating.

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