



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 1 - Part 8 Action Step Plan

How to Develop a Healthy Relationship with Food



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| HOW TO DEVELOP A HEALTHY RELATIONSHIP WITH FOOD

Here's your success checklist:

- Don't get stuck by one or more these seven sabotaging behaviors:
 - Attaching to an unhealthy nutritional dogma—*I refuse to eat animal fats and proteins or eliminate gluten, dairy etc. from my diet*
 - Being unwilling to invest in good quality foods—*Organic food is too expensive!*
 - Dieting—Counting calories, trying different extreme diets or “eating clean” for a week or so and going back to old habits
 - Perfectionism and unrealistic expectations—*It's all or nothing! I'm “good” for a while then I fall off track and can't get back on, so I give up!*
 - Accepting poor dietary choices as part of their identity—*I have a weakness for sweets. I struggle with sugar cravings. I have a hard time saying “no” to desserts.*
 - Paralysis by analysis—Doing lots of research, but taking no action
 - Social isolation—not creating a strong support system
- Let go of black and white thinking about food—this is “good,” this is “bad” for me. Instead of thinking of foods as being forbidden or “bad” think of them as *non-ideal*.
- Catch yourself when you use self-limiting phrases like “*I can't/shouldn't eat that,*” “*I'm giving up X,*” “*I cheated.*” Remember...
 - It's not about “giving up” foods—it's about *gaining* vitality.
 - It's not that you can't eat something—you *can* eat whatever you want!
 - It's not about “cheating” when you go off your plan—it's about *choosing* to eat foods that make you feel good and support healthy living.
- Stop feeding your mind with other “head trash” like:
 - “I'm too busy to cook and plan meals”
 - “I don't like to cook” or “It's too much work to cook healthy meals”
 - “It's boring to eat clean all the time”
 - “It's too expensive to eat organic foods”
 - “My husband/my kids/ my family doesn't like to eat healthy”
 - “My friends and family think eating organic, gluten-free is a fad”
- Observe your thoughts and language over the next week. What other stories are YOU telling yourself about food? Post your observations in the Support Community. Be ready to share during our next coaching session.



- Live By the “80/20 Rule.” Be 100% committed to the 80/20 Rule. *After* you’ve followed the 30-Day Elimination Diet and you’ve targeted foods that are not best suited for you, aim to at least 80% of your meals with clean, whole foods. This allows 20% for “non-ideal foods.” For example, three meals per day equals 21 meals per week. 80% of 21 is about 17 meals per week to include clean foods. That leaves 4 (20%) of your meals or snacks for non-ideal foods. NOTE: Food allergies or sensitivities do NOT apply to the 80/20 Rule—continuing to eat these foods creates chronic inflammation, which leads to sickness and disease.
- Focus on making changes for yourself *first*. (Note: You’re an example of what it means to be healthy in how you live your life. Want to inspire change in your spouse? Be the change you wish to see in your spouse. Respect your spouse’s choice to join in as much as he wants or not at all—don’t try to push it on him. You put stress on yourself and your relationship when you try to change someone else’s habits—especially if they don’t want to change.)
- Be aware of *how* you eat.
 - “Chew your water and drink your food” (Do a chew test – how many chews does it take to fully break down your food?)
 - Have a “clean your plate” mentality?—use smaller plates.
 - Eat *before* you get ravenous to prevent you from overeating..
 - Eat your meals in peace (if you like to read or watch T.V. while you eat keep it light)..
 - Take your time to enjoy your meals and eat slowly.