

# ALL ABOUT ALL FOODS FIT

## WHAT IS ALL FOODS FIT?

All Foods Fit is the philosophy that all foods can fit in balance, variety, and moderation.

Society often puts moral labels on foods and body - for example: "good" vs "bad"; "healthy" vs "unhealthy"; "clean" vs "junk".

All Foods Fit aims to decrease the stigma of eating foods labeled with negative morality.

Because when food has moral value "tagged" to it - when individuals eat foods that are morally "bad" - they will often times feel guilt, shame, and fear and compensate by restricting or cutting out all morally "bad" foods. This can lead to the binge-restrict cycle.

Instead, I encourage you to view foods with how it benefits you. Food can benefit you in several ways - the two most common would be physically or emotionally beneficial. You must eat both foods that benefit your body/health and foods that benefit your emotions/heart. Without one or the other - your life would be lacking.

## HOW DOES THIS APPLY TO YOU?

### Consider the following when deciding what to eat:

Is this emotional or physical hunger?

- If emotional hunger - What am I feeling? How would eating this affect that? Can I cope with this in other ways?
- If physical hunger - What sounds good? If craving something specific, did I not have enough of that food group today? What activity did I do? Am I feeling under the weather? Starting my menstrual cycle?

Remember that balance, variety, and moderation can be viewed on both a micro- and macro-view.

- *Micro view* - This means that at every meal or snack you ensure that all food groups are present and completed in adequate amounts throughout the day.
- *Macro view* - This means that some days or weeks or months your intake might not be entirely balanced, but when reflecting on your intake you make adjustments to ensure that you begin to find balance, variety, and moderation once again.

