

Food Journal

I believe in eating whole foods and eating processed foods in moderation (or some never). I believe sugar should be avoided. I believe that the body functions better when certain foods are consumed. I believe in reading your food labels to ensure what is in your “food” is something you can actually read and understand what it is. I believe in consuming quality food instead of “food” that says “low fat”, “low calorie”, etc. But I also believe in food freedom. So how do these two worlds collide?

Eating healthy and food freedom seem like contradicting ideas but I don’t think they have to be. When I was eating “healthy”, I **felt too restricted and guilty** if I ate something not on the list of “good” foods. When I was pursuing food freedom, I thought I would eat junk food all the time because I was “free” to eat whatever I wanted. I didn’t think the two could coexist. I thought I would have to follow food rules for the rest of my life and could never feel free around food.

I think a lot of us WANT to eat healthy. We all want to take care of our bodies. We all want to live an overall healthy life. But I think the problem starts with **awareness**. Awareness of our bodies and how they FEEL when we follow a specific diet or list of food rules. When I was following diet after diet, I never actually listened to how my body felt. I simply followed the food rules and stuck to them, even when my body was still hungry or lacked energy.

In order to live a healthy lifestyle, you need to develop body awareness. Following a list of food rules for the rest of your life will never work. Following a list of food rules written by someone who does not know your body will never work. You have to put in more effort if you truly want to thrive and live a healthy life. Maybe it starts with researching multiple theories around food and learning what foods benefit your brain, your gut, your heart, etc. But then after that, it needs to be about body awareness. Paying attention to your body and writing down how certain foods make you feel, looking at patterns, and creating your own “diet” to ensure you have energy, focus, good gut health, etc. is the end goal.

To help track how you feel when you eat certain foods, use this food journal. Remember, this food journal should NOT be used to track calories, macronutrients, etc. If you are working through orthorexia or your overall relationship with food, do not start a food journal until you feel you are able to do it without judging your food choices.

