

Episode 77: Good Food & Bad Food

Top 5 Tips

This episode is about the idea of “Good” food and “Bad” food.

In this episode, we will talk about

- Why we think of food as good and bad and
- If there really is good and bad food.
- How this thought pattern is affecting how you eat

Below are our 5 tips to help you move towards food neutrality.

5 tips for moving toward food neutrality

1. Food is just food: It has no agenda. It has no intention of harming you or making you a good person. It is just food.
2. Observe your thoughts: What foods do you classify as good and bad. Write them down.
3. Question: Why are the foods good or bad to you? What has led you to believe that a certain food is good or bad?
4. Your Worth: When you eat good or bad food, how does it affect how you feel about yourself?
5. How could you create food neutrality towards these foods? Maybe it is letting go of the idea of good and bad food. Maybe it is creating new thoughts about these foods. Maybe it is revamping your perspective on food and realizing that food is just food. It isn't out to make you fat or sick or a bad person. You have the power to change your thoughts around food.

