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NUTRITIONIST

FOOD RELATIONSHIP SELF- ASSESSMENT

Workbook



When you hear “healthy eating,” what do you think of?

Using 2-3 words, how would you describe your **current** relationship with food?

Using 2-3 words, how would you describe your **ideal** relationship with food?

Reflection questions listed above and pizza/salad evaluation mentioned in the recording are materials sourced from the 'Goal Setting & Nutrition Mastery Workshop' published on Feb 1st, 2022 by Sohee Carpenter.

<i>GREEN FLAGS</i> Our goal is to evaluate your present relationship with food without any judgement or criticism.	AGREE	SOMEWHAT AGREE	STRONGLY DISAGREE
I'm flexible in my eating			
I don't have arbitrary food rules			
I don't restrict or deprive myself, I allow myself to eat foods I enjoy			
I trust my body & honour my hunger & fullness cues			
I eat when I'm hungry & stop when I'm full, most of the time			
I don't beat myself up whenever I indulge, no guilt or shame around food			
I understand that I am not what I eat & my diet doesn't define me (or my weight)			
I recognize that food isn't something to be feared or controlled			
I don't allow food thoughts to dominate my time and energy			
I enjoy foods that make me feel my best			
Calorie content or how many carbs something has is not the main determinant of my food choices			

<i>RED FLAGS</i> Our goal is to evaluate your present relationship with food without any judgement or criticism.	AGREE	SOMEWHAT AGREE	STRONGLY DISAGREE
I use food to soothe negative emotions			
I get upset with myself or feel guilty whenever I indulge			
I always eat more than I intend to			
I have rigid food rules with little flexibility			
I have forbidden foods I don't allow myself to eat			
I lose control around food/binge often			
I think of food & my body all day/every day			
I can't stop counting calories/tracking macros			
I always choose the 'healthiest' option on the menu rather than what I really want			
I cut out whole food groups without a medical (allergy) or ethical reason			
I avoid certain foods high in X, Y, Z			
I experience stress or anxiety with a sudden change in eating plans			
I only eat at specific times or not eat after a specific time			
I use judgemental language around food (ex: good/bad, clean/dirty, 'junk food', etc)			
I regularly skip meals in order to 'make up' for eating			
I punish myself for eating with exercise, or use exercise to 'earn' food			

Think of the **top 3 skills** that you can focus on that would make a big impact on your health and wellness (suggestions below):

1. Mindful eating
2. Meal planning
3. Cooking skills
4. Emotional regulation/stress-coping skills
5. Positive body image development
6. Cultivating self-compassion
7. Overcoming all-or-nothing thinking/perfectionism

If you feel concerned about your relationship with food and your body image, take a moment to ask yourself...

- How has it been affecting you and your life?
- How do you feel about these effects?
- How urgent is it that you reach your fat loss goal?
- What would happen if your fat loss goal was put on hold for now?
- What are you craving in your life? What do you want, that you are using food to feel?
- How could having a positive relationship with food and your body impact the rest of your life? relationships? health? career?

Your Brain on Diets

When we are dieting or caught up in disordered eating patterns, food and exercise seems to take over our brains, leaving little space for more fulfilling or enjoyable activities. Finding peace with food and our bodies can free up space for us to focus on the things that really matter to us.

How much space do you feel is currently taken up by food, exercise, dieting, weight, and body concerns while on a diet?

What else would you like to fill your brain up with?

Write out below what other passions and activities you'd like to fill up your brain if you had more semblance of balance in your life. Consider your hobbies, interests and values for inspiration. Food and movement can feature here, but the key is to think about the kind of balance that you want to achieve between those and your other interests.

Adapted from London Centre for Intuitive Eating

Do you feel like your cravings make it impossible to eat a balanced diet?

Are you frustrated that you struggle to lose or maintain weight no matter what you do?

Are you overwhelmed with all the nutrition information out there?

Do you find it difficult to get the clarity you need to build structure and consistency with your eating and exercise habits?

Early on in my career, I noticed how quick fixes, trendy diets, and cookie-cutter meal plans never worked to create lasting health changes. I created **Build Your Balance Blueprint** as a way to end the food and body frustration I've seen women experience first-hand when beginning their health journey.

This program is everything I wish I'd had when I first tried dieting in my early twenties. Instead, I just spiralled into an unbalanced relationship with food.

Build Your Balance Blueprint is a self-paced program which includes 1:1 and monthly group coaching. It's designed to help you say so long to trendy diets, body stress, and food guilt. You'll discover a sustainable way to nourish yourself, feel good in your body, and unlock your self-confidence.

Learn more about it here.

Maya xx

