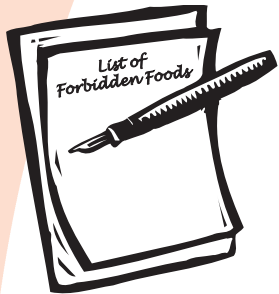


# Forbidden Foods



Have you ever noticed that when someone forbids you to do something, you are much more inclined to want to do just that — doesn't matter if it's a "good" or "bad" thing, right or wrong, you just want to do it. Well, it works the same way with food! The more you tell yourself that pizza or ice cream is really fattening or unhealthy and therefore you shouldn't have it, the more you want to eat it. So what do you?

Most people eat it, then feel bad and then tell themselves that they are not going to do it again. In addition, the food gets added to the "forbidden food" list, because if you put it there, then you certainly won't eat it, and although this didn't work last time, it will this time — you think. Unfortunately not.



The healthiest way to go about eating is to have **NO FORBID-**

**DEN FOODS**, and although this can be very scary, out of fear of loss of control, it's really the only way to move ahead healthfully.\*

By telling yourself that there are foods you shouldn't have or can't have, you shift the power of control to the food, rather than to yourself. "I can't stop eating if I start eating French Fries." Last I checked I don't remember seeing anyone attacked by French Fries. It is in YOUR power to stop, not the foods. Food is a NEUTRAL substance that has no power, so please don't give it any. By keeping it neutral and not labeling it good, bad or forbidden, it becomes much less threatening and easier to manage.

## Enjoy Eating All Foods and Stop Putting Certain Foods on a Pedestal

So, if you have a "forbidden list" try taking one food off of it per week, and see how it goes. If pizza is on your list, allow yourself a slice of cheese pizza one time and see how you feel. Make sure to tell yourself that this food is o.k. and it's not "bad". How you think and feel about something will effect the outcome. If you don't change the way you think about it, then you'll feel badly after you eat it, because it had been a forbidden food for you in the past. You might be pleasantly surprised. Allow this food to stay off your "list" until you feel more comfortable eating it. Then take another food off the next week and so on. When your list is finally empty, you'll feel much freer and happier.



\* By forbidden foods we are talking about foods that we tell ourselves we can't eat because we feel they are bad or unhealthy. We are not referring to binge foods or trigger foods, which deal with emotional eating.

