



The Significance of Food

A Guide to Shift Your Mindset Around Food Being More Than Just Fuel



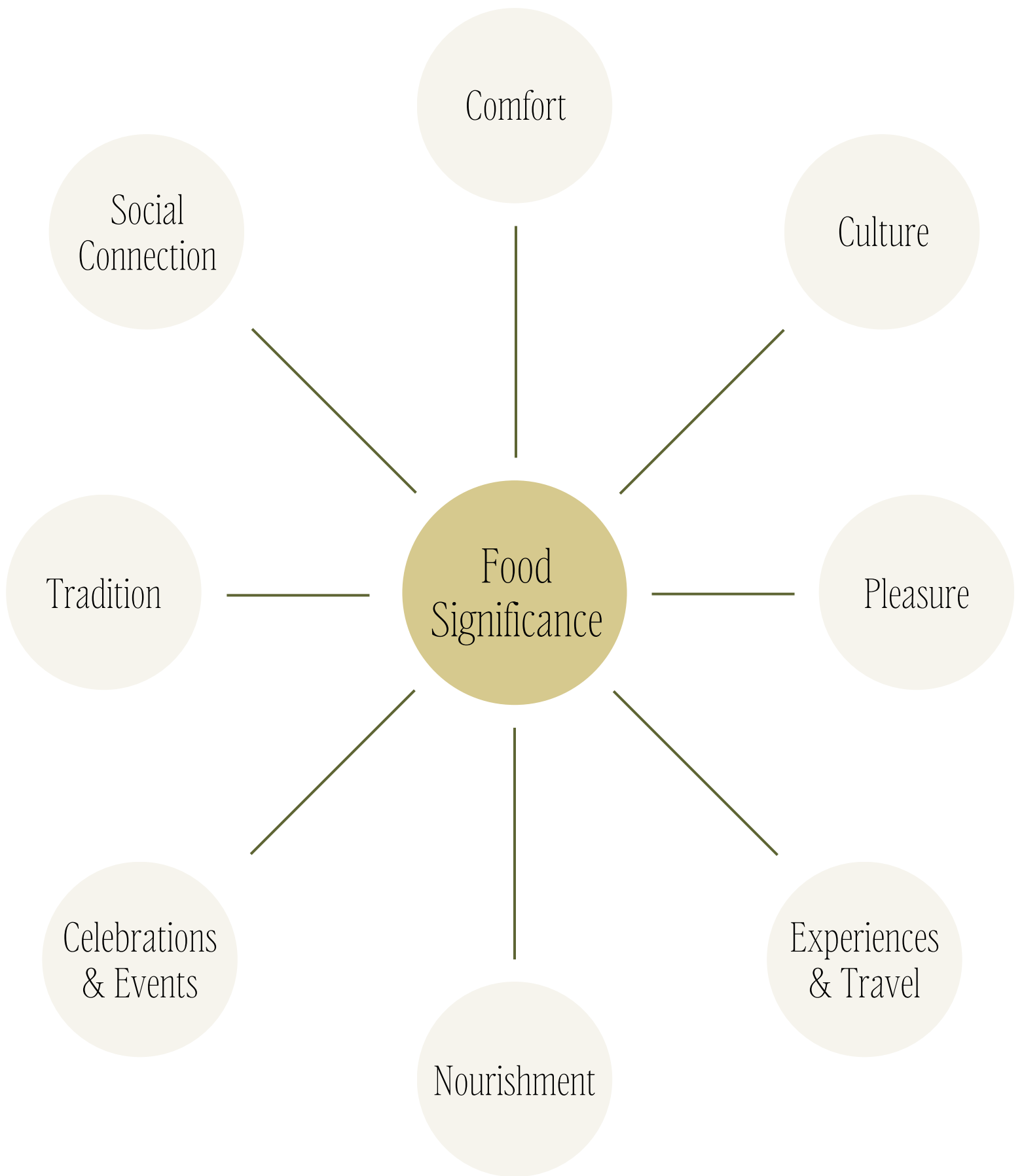
NEW LEAF
NUTRITION



Chances are, food feels all-consuming because there's no escaping nutrition advice from influencers, media, and friends.

Food provides so much more than nutritional value. When we get caught up in food only providing fuel and nutrition, we can miss out on other aspects of our lives and overall wellbeing.

Take a moment to consider how food is significant in your life and identify which foods are connected to each of the spheres in your life on the next page. Each sphere has a corresponding page with reflection questions to help you explore how food shows up in different aspects!





Comfort

Comfort is a human need and food is one of many things that can offer comfort. **What are some foods that are comforting to you? Does it ever feel difficult to allow yourself to eat food for comfort?**



Culture

Food can be a way of connecting with and celebrating one's own culture as well as learning about and appreciating other cultures.

What kinds of food are a part of your culture? What other kinds of cultural foods do you enjoy?



Pleasure

In the intuitive eating principles, they discuss that in Japanese culture, pleasure is a goal of healthy living. **How might receiving pleasure from food contribute to your well-being? What are some of your favorite foods?**



Experiences & Travel

Reflect on places you've traveled to. **What are some of your favorite places you've visited?**

What kind of food did you see and try? How did food add to the overall experience?



Nourishment

One way our body communicates a sense of nourishment is by feeling satisfied. **What kinds of foods feel really satisfying to eat? Do you notice certain combinations of food feel especially satisfying?**



Celebrations & Events

Birthdays, sporting events, festivals, weddings, and many other celebrations and events often involve food. Think of a celebration or event you went to that had food. **How did food contribute to the event?**



Traditions

Think back on traditions you've been a part of throughout your life. **How has food been a part of these traditions?**



Social Connection

Eating with others provides an opportunity to connect. **When was the last time you had a meaningful conversation over a meal? What's your favorite type of meal to enjoy with friends?**
