



MADDI PARSONS NUTRITION

Making Peace With Food Kickstart Kit



Looking to **stop** feeling stressed and anxious around food?

Well, you've come to the right place!

You've downloaded this e-book which shows you're **ready** to make a commitment to making sure you and food are friends for life.

I'm guessing that you're ready to *finally* stop feeling overwhelmed, guilty and confused when it comes to making food choices.

You're ready to ditch food rules and restrictions and learn to eat intuitively so that your confidence can skyrocket and your relationship with food and your body can thrive!

I am an Accredited Practising Dietitian (APD) who works with people to create a life-long positive relationship with food and their bodies so that they can stop living with food guilt and body shame and feel empowered to succeed in all areas of their lives.

Why am I so passionate? **Because I've been there.** Without giving you the soppy spiel, let's just say food and I weren't exactly friends. I was constantly swinging between *good* and *bad*, I dreaded social outings surrounding food and had absolutely no idea where to start when it came to fixing things until I learnt to ditch the rules around food, trust my body and eat intuitively.

If you've resonated with any of the above, I want you to know that I'm here for you. Let's change the narrative together.

Mads x

Let's talk about diets baby...

02

We are quite literally bombarded with messages that losing weight will lead to happiness/success/love.

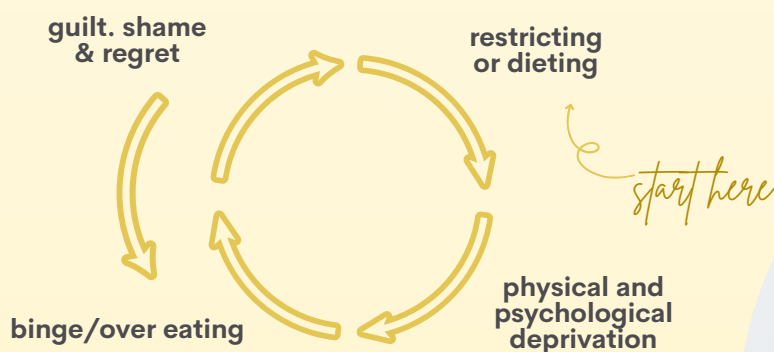
Diets are marketed as the answer to all of our problems. But if diets **actually** worked in the long term, why does the average adult go on **126 different diets** in their lifetime?

The diet industry is a multi-billion dollar industry that has made its riches off telling us that we *need* to look a certain way to be socially acceptable however this couldn't be further from the truth.

The tricky thing is, many parts of our physical makeup are determined by our genes, including body weight and shape. Our bodies love to stay where they're comfortable within a predisposed weight range called a "set point". The most important thing to remember about set points is that these vary greatly from person to person.

When we look at how this is relevant in the context of dieting and weight loss, research shows that there may be weight loss in the short term, but ultimately our bodies return to their normal set point range.

Our bodies compensate for prolonged times of restricted eating or dieting by ramping up our hunger signals and turning down our metabolism, the perfect recipe for yo-yo dieting, disordered eating and in more serious cases, eating disorders.



Time to reflect...

03

In the spaces provided below, reflect on your past experiences of dieting, calorie restriction or gym challenges.

How did your first diet feel? Was it easy? If yes, describe how...

What was the longest period of time that you sustained weight loss from a diet? Was it difficult at all to sustain (physically and/or mentally)?

When looking back on your history with diets, was the weight loss ever permanent or did it gradually come back?

Time to reflect...

04

In the spaces provided below, reflect on your past and present relationship with food.

Has your relationship with food affected your social life and relationships with others?
If yes, list some reasons how...

How has this relationship with food affected your mind and mood?

How has this relationship with food affected your eating and exercise behaviours?

Time to reflect...

05

In the spaces provided below, reflect on your past and present relationship with food.

Looking back on how this relationship with food has impacted your weight, eating patterns, exercise behaviour, social life and mental state, what would be some reasons to make peace with food once and for all?

What are some internal wins that could come from making peace?
(eg. *increased confidence, higher levels of happiness etc.*)

What are some external wins that could come from making peace?
(eg. *stronger relationships, more social connections, happy memories etc.*)

Signs you could benefit from making peace with food

06



thinking about food 24/7



exercising to *burn off* food



obsession with body weight/shape



feeling stressed, anxious or embarrassed around food in social settings



going on diet after diet



counting calories



binge or emotional eating



avoiding certain foods/food groups



skipping meals



fasting



ignoring your bodies hunger and fullness cues



having food rules

Time to reflect...

07

In the spaces provided below, reflect on your past and present relationship with food.

Foods and food groups that are categorised as **bad** in my mind are...

Foods and food groups that I currently limit or avoid or have in the past are...

Food and exercise rules I currently or have held in the past are...

Time to reflect...

08

Complete the following checklist to reflect on the areas where your relationship with food could be improved.

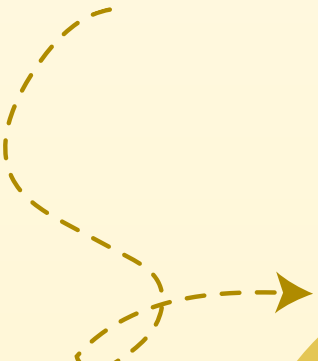


- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | I am currently on a diet |
| <input type="radio"/> | <input type="radio"/> | I follow certain social media accounts because the person is attractive or they share diet tips |
| <input type="radio"/> | <input type="radio"/> | I read books, articles or social posts that share tips on losing weight |
| <input type="radio"/> | <input type="radio"/> | I avoid certain foods/food groups in fear of gaining weight |
| <input type="radio"/> | <input type="radio"/> | I eat foods I don't like because they are labelled as <i>healthy</i> |
| <input type="radio"/> | <input type="radio"/> | I can't tell the difference between physical and emotional hunger |
| <input type="radio"/> | <input type="radio"/> | I eat when I'm not hungry to deal with my emotions/feelings |
| <input type="radio"/> | <input type="radio"/> | I often find myself emotional or binge eating |
| <input type="radio"/> | <input type="radio"/> | I don't trust my body in knowing the types and amount of food it needs |
| <input type="radio"/> | <input type="radio"/> | I categorise foods as "good" and "bad" |
| <input type="radio"/> | <input type="radio"/> | I spend a lot of time thinking about food |
| <input type="radio"/> | <input type="radio"/> | I feel guilty after eating any "bad" foods |
| <input type="radio"/> | <input type="radio"/> | I don't trust my body to maintain a healthy weight |
| <input type="radio"/> | <input type="radio"/> | I say or think unhelpful things about my appearance |
| <input type="radio"/> | <input type="radio"/> | I dread social events surrounding food |

If you ticked most or all of the statements above, it's likely that your relationship with food and your body has some work to do. Take some time to reflect on areas where these relationships could be improved.

Finding peace with food means...

- ✓ You no longer feel pressured to go on diets or follow food rules
- ✓ You honour your body's hunger cues and eat accordingly
- ✓ You give yourself unconditional permission to enjoy all foods
- ✓ You no longer assign labels like *good* and *bad* to food
- ✓ You are able to stop eating when you're comfortably full
- ✓ You choose foods based on their satisfaction factor and eating is enjoyable
- ✓ You have a range of coping mechanisms other than just food
- ✓ Your worth and value as a person is no longer dependent on your body weight, shape or size
- ✓ You move your body in a way that feels good to you
- ✓ You have a balance between eating foods for both health and pleasure (read: soul foods)



In a nutshell, finding peace with food means eating intuitively, trusting your body to make food choices that are good for you and accepting your body for all that it does for you. Making peace with food transforms your life for the better.



Time to reflect...

10

In the spaces provided below, reflect on your current thought and belief patterns towards your body as well as the ones you'd like to replace them with.

Thoughts, feelings and beliefs I currently have towards my body are...

Thoughts, feelings and beliefs I would like to hold towards my body are...

Thoughts, feelings and beliefs I would like to hold toward *all* foods are...

Peace with Food

FAQs...

"I'll be happier and more comfortable in my skin once I lose weight"

It can be really easy to fall into the mindset that losing weight will be the saving grace for all of life's problems, after all it's what we are told pretty much everywhere we look. But the thing is in reality, this couldn't be further from the truth.

Sure, temporarily things might feel better. However most if not all of the time that immediate happiness quickly fades and in the long-term things often get harder.

Having a healthy relationship with your body is an inside job and unfortunately, weight loss acts only as a band-aid. For more information on this, I highly recommend you check out my Instagram post [here](#) on responses I've heard from past clients about their experiences with weight loss.



One thing I've learnt on my own journey to creating peace with food is that when I was at my lowest weight, I was also the most anxious, critical and unhappy in myself. This is the same story from all of my clients whom I work with to create a good relationship around food and their bodies.

Peace with Food

FAQs...

"I'm worried that if I make peace with food and learn to eat intuitively that I'll lose control when eating"

This is something I hear A LOT... and I get it. It can seem *really* scary to go all in and put absolute trust in your body to know exactly what and how much it needs and to not go overboard.

But what if I were to tell you that not trusting your body is what's causing you to feel out of control around food?

The reality is that when we make peace with food and listen to our bodies wants and needs, we create a space for our bodies to exist comfortably and peacefully free. This enables us to be free from food rules, restrictions, binge eating and food guilt.



Peace with Food

FAQs...

"Learning to eat intuitively and make peace with food will take too long, I don't have time for it"

As with any new skill learning to eat intuitively does take time, but perhaps not as long as you thought...

The process of making peace with food and becoming an intuitive eater will be easier for some than others, there's no set time frame. But at the risk of sounding cliché, it's about the journey, not the destination.

Take a moment to think back to the lunches, dinners, parties and celebrations where you've felt anxious or shameful around food and your body.

My question to you is how many more of these occasions are you prepared to endure?

The reality is that being stuck with not having trust in your body is costing you *years* of feeling guilty, embarrassed and anxious around food and your body.

However with a little kindness and compassion, you can shift the narrative from how you've been doing things for a long, long time.



Forward thinking...

14

Describe the thoughts and feelings towards social situations that you currently experience stress, anxiety or shame around due to food and/or your body.

For example; parties with grazing platters, dinner with the girls, a first date etc.

Now, use the space below to describe how you'd like to feel in these social situations.

For example; less thoughts about food, feeling more confident etc.

Describe what would the above visualisation mean for you?

How would life be easier? What would it change for you? What would it lead to?

For example; going for the job, asking them on a date, wearing that dress etc.

Food & Mood Journal

The first step towards making peace with food is becoming an expert on the relationship between your mood and food. Over the next three days complete this food & mood journal and take note of any patterns that emerge over time, they're trying to tell you something!

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Thank You!

Let's stay connected...

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Bonus reading

[The Lowdown on Intuitive Eating](#)

[Are Your Weight-Loss Goals Holding You Back?](#)

[Is An All-or-Nothing Mindset Harming Your Relationship with Food?](#)



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