

Branz Nutrition

FOR THE ENTIRE FAMILY

DITCH DIETS FOR GOOD

- & -

Transform Your Mindset
Around Food





01

EAT REGULARLY

Try your best to eat three meals a day with snacks .

Once you start to routinely nourish your body, your natural hunger and satiety cues will start to come back.

It may be helpful to schedule meals for certain times. You've been so used to eating as little as possible, so you'll probably find that you're not hungry enough for three meals. However, still try to eat something during these times.



02

MINDFUL EATING

It may be beneficial to check in with yourself throughout a meal.

- Am I still hungry?
- Do I feel satisfied?
- Do I need more?
- Am I not able to finish my plate?

There are no right or wrong answers. You should feel at-peace in your own mind.

03



BE PATIENT

This process will take time, and that is completely okay.

It's been a long time since you've asked your body how it feels or asked for what it needs. Therefore, it can take a while to get that communication and trust back.



04

HONOR YOUR CRAVINGS

Reflect and ask yourself why you see certain foods as "good" and others as "bad".

Do you think that way because of the calories, the fat, and/or the carbs? Is it because it's processed? Challenge those thoughts. Because at the end of the day, does any of that truly matter?



05

FOCUS ON HEALTH

Food has so many purposes in your life.

You can enjoy all foods and still pursue health. The two are not contradictory. When you shift your mentality towards health, rather than weight, you can see that food is an amazing tool to help you truly enjoy your life and the people and memories in it.



06

CHALLENGE “OFF-LIMIT” FOODS

Prove to yourself that nothing bad happens when you eat these "off-limit" foods.

Make a mental note of foods you've deemed to be off-limits. Reflect on why that is, what the fear behind it is, and make a case to disprove that fallacy. Then, if you're feeling up for the challenge, make a point to eat that food.

If the world doesn't crumble, consider it a win!