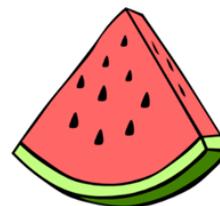


Health & Wellbeing

March – Healthy eating



Everything in moderation

You don't need to quit certain foods or follow rules to achieve your healthiest body and your happiest mind. All food has the potential to nourish our body, some food provides more nutrients, and others provide nourishment for our souls through pleasure and social connection.

NUTRITION TIP #1
moderation, balance, & variety

The art of mindful eating



The diet mentality and why allowing yourself to eat what you really want might just be a better recipe for health.

You're out to dinner. One of your favourite meals, lasagne served with garlic bread, is on the specials board. The voice in your head says "don't eat that, it'll be loaded with fat, carbs and calories!" So you order the warm chicken salad, it's tasty and filling but leaves you feeling you want something else. The voice in your head says "go on, have dessert, after all you were good and chose the salad and you didn't have any bread." So you order dessert, feeling somewhat justified but also not without a touch of guilt. The dessert appears and it looks delicious. You take a bite and it's incredibly rich and tastes divine! About half way through you notice you're really quite full and have had enough. You overrule this observation as you rarely ever let yourself have dessert, you experience the "I'll get it while I can" effect that comes with thoughts such as "this will be the last dessert I have for a while".

You leave the restaurant feeling over full and slightly sick, you're starting to regret ordering dessert and you think to yourself, "no more sweets as of tomorrow!" An hour later at home, you find yourself thinking about the chocolate in the fridge. You have the thought "I may as well eat that too given I've already blown my new healthy eating regime and NO MORE SWEETS AS OF TOMORROW!" Sound familiar?

Now I want you to imagine ordering the lasagne and doing so with no judgement, you're simply ordering because you like lasagne and you're hungry for it. The lasagne arrives and it looks as good as it smells! Extra cheesy, just the way you like it. You consider dessert but you're nicely full and the meal really did hit the spot. You thank your companion for a lovely evening and go home to bed. This is an example of normal healthy eating.

As you learn how to loosen your grip and eventually let go of diet rules and diet mentality, this type of eating experience becomes possible. If you resonate strongly with the diet mentality scenario, suddenly switching this off is not as easy as flicking a light switch. You most likely have many years of programming and it takes time and patience to rewire your brain, but it is possible.

- Moderation Movement

Social media – this page sends the right messages



The Moderation Movement was started in 2014 by Jodie Arnot (healthy balance fitness) and Zoe Nicholson (figureate dietetics).

Much of the Western world has gone food & fitness mad and increasingly, there is a fixation with our physical appearance which is causing much distress with how we feel about ourselves.

Their mission is to counter all the hype and promote a healthy enjoyment of all food and encourage exercise for enjoyment, not punishment. They also have a strong focus on body image and supporting people to feel fit and healthy within a diverse range of body shapes and sizes.

Facebook & Instagram: @moderationmovement



Website: <https://www.figureate.com.au/moderation-movement/>



Need help with mindful eating? Book an appointment with Himadi

As an Accredited Practising Dietitian, Himadi is passionate about helping people explore ways to modify their diet to improve their lifestyle. She has a particular interest in mindful eating techniques. She is able to see anyone with or without a referral and can also assist with a wide range of conditions such as type 1 and 2 diabetes, gestational diabetes, pre-diabetes, polycystic ovarian syndrome, weight management, heart disease, coeliac disease, irritable bowel syndrome, malnutrition, unintentional weight loss, chronic wounds, inflammatory bowel disease, inborn errors of metabolism, food allergies and intolerances, fussy eating and general healthy eating.

Each consultation is different and is focused on what clients want to achieve and their individual circumstances. Appointments are available on Mondays at Mortlake Community Centre and Tuesdays and Fridays at Josie Black Community Centre, Terang.

Mortlake –Mondays – Phone 5558 7000

Terang – Tuesdays and Fridays – Phone 5592 0300