

INDULGE & ENJOY

Life is to be enjoyed!

Why do we feel that we have to give up all the foods we love just because they are considered 'bad'?

Sure moderation and balance is important, but I truly believe that all food is great:



- Some foods we need to eat more of – fruits, vegetable, whole grains, quality fats and proteins.
- Some foods we need to eat less of – but we need to really enjoy them when we do.

The biggest problem with indulging is actually not the food that you are eating, but more the reason why you are eating it and how you react or respond to eating this food.

At the end of the day do you honestly think, in the big picture, eating some ice cream, pizza or a few too many drinks on a moderate basis is going have a massive negative impact on your health?

The two issues are:

1. The reason for eating the food – if it is a craving or some emotional response then that needs to be addressed
2. How you react - There are three options in response to eating indulgence food:
 - a. Allow it to be the catalyst of a binge fest!
 - b. Move into punishment mode – starve yourself the next day and run 25km! OR
 - c. Enjoy it and get back on track the next meal or day.

Which do you think would be the healthiest response?

Here are some things to consider when deciding to indulge:

- Eat a healthy breakfast and regularly snack on healthy food throughout the day to eliminate a starvation or craving situation.
- Plan your indulgence
- Enjoy it and know that it is part of a healthy eating regime
- Choose high quality indulgence - Eat full fat, high quality chocolate, ice cream etc. The low fat, sugar free choices you make to ease your conscience are far worse for your body
- Do some exercise before the indulgence – you will feel better about it
- Enjoy the experience and the benefits of indulgence – IT IS GREAT

YUM YUM YUM