

Evaluating Food Exclusions – Is it time to change your mind?

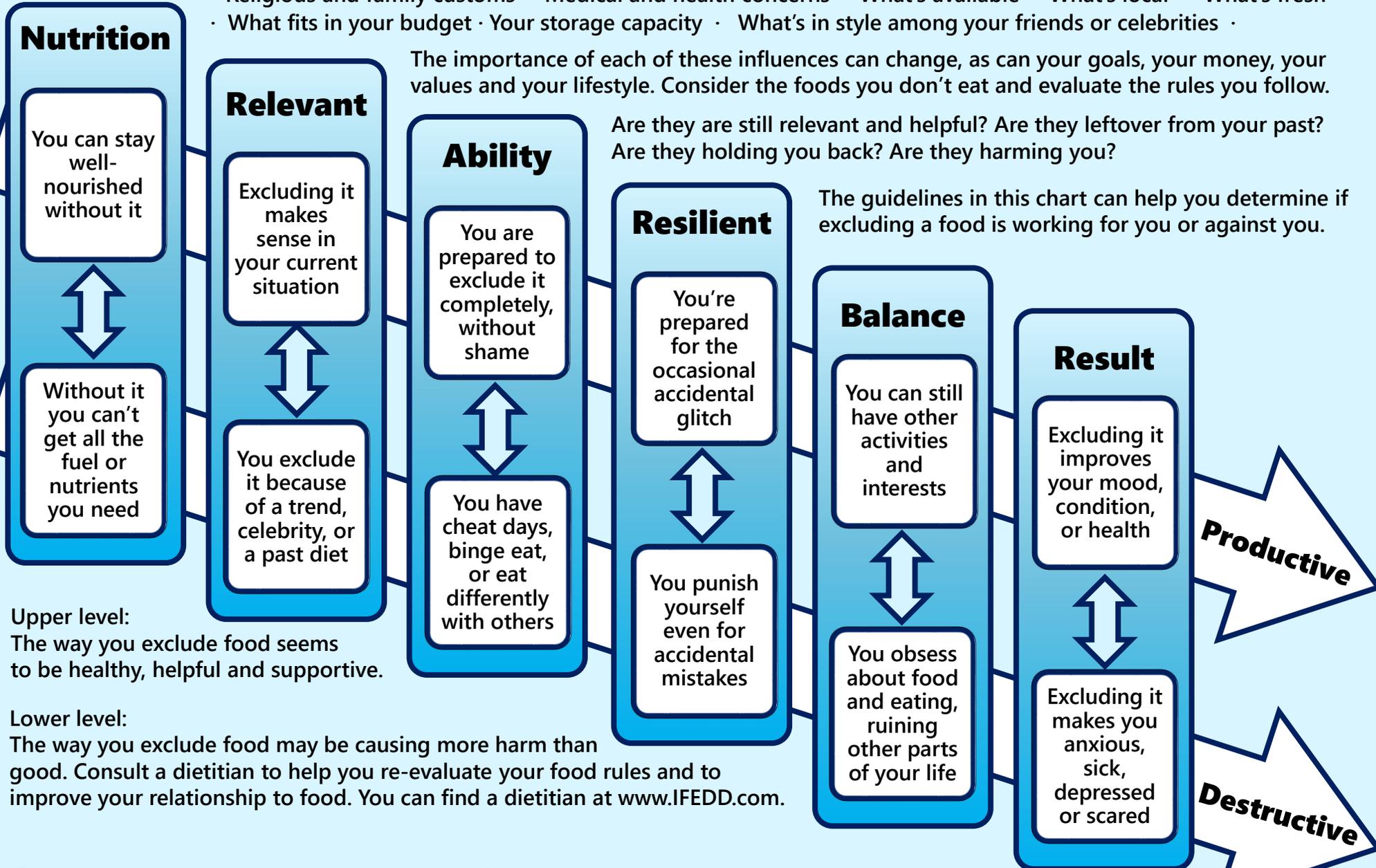
Food preferences are intensely personal and evolve through life. There are many reasons to eat or not eat some foods, either permanently or for a while. Your decision may depend on:

- How it looks, tastes or feels in your mouth · What you're used to · Whether you feel adventurous or not · Food memories from your childhood · What you've heard about a food · Religious and family customs · Medical and health concerns · What's available · What's local · What's fresh · What fits in your budget · Your storage capacity · What's in style among your friends or celebrities ·

The importance of each of these influences can change, as can your goals, your money, your values and your lifestyle. Consider the foods you don't eat and evaluate the rules you follow.

Are they still relevant and helpful? Are they leftover from your past? Are they holding you back? Are they harming you?

The guidelines in this chart can help you determine if excluding a food is working for you or against you.



Upper level:
The way you exclude food seems to be healthy, helpful and supportive.

Lower level:
The way you exclude food may be causing more harm than good. Consult a dietitian to help you re-evaluate your food rules and to improve your relationship to food. You can find a dietitian at www.IFEDD.com.