

EAT SANELY

Here are some statements that would be true if you were to eat sanely:

I pay attention to what I eat but don't spend too much time worrying about it.

I am more or less satisfied with my weight.

***Mostly I eat healthy food.*

I don't panic if I eat something "bad".

If I mess up, foodwise, I get back on track the next meal, or the next day.

I don't eat in secret or lie about what I eat.

I can usually dine out without overdoing.

I eat sweets and "treat foods" in moderation.

I don't skip meals to manage weight.

I know that keeping active helps my weight and my body.

***I eat unprocessed foods most of the time.*

I do not try to "purge" foods if I overeat.

I know that few people can "eat whatever they want" without concern for weight, and I make choices accordingly.

I often really enjoy my food, though I know that not every meal has to be great.

It is OK to get hungry once in a while, though I rarely let myself become ravenous.

**I'm defining "healthy enough" here as a weight that keeps health risks at a minimum, that you can learn to feel comfortable with, and that can be maintained without extreme eating behaviors—this is usually a weight within the range suggested by a chart (see addenda), but for some, it may be higher. Your doctor or nutritionist can help you determine what is reasonable for you.*

***"Most of the time" is subjective, of course. I use roughly 80% of the time to mean "most".*