

Shifting Toward Positive Food Language

Words that we use to describe food and our behaviors related to eating can shape our feelings about ourselves and can impact others around us. Negative judgement we place on ourselves for eating a certain way has not been shown to lead to long-term improvements in eating patterns, and instead often leads to shame, guilt and unbalanced eating behaviors.

Examples of Negative Food and Eating-Related Language

- Bad
- Fattening
- Junk
- Cheat/splurge
- I shouldn't have
- Forbidden/not allowed
- Gross
- I have no self-control
- I have to work it off/pay for it later

Examples of More Positive/Neutral Food and Eating-Related Language

- Filling
- Satisfying
- Creamy
- Crispy
- Delicious
- Flavorful
- Nourishing
- I chose to
- Hyper-palatable food

Try to identify negative food-related language that you use when thinking or talking about eating behaviors. Think about how you or others around you may you feel when you use this language. Brainstorm more positive or neutral language you can replace this with, and practice shifting your language.

Negative Food-Related Language	Replacement Language	Observations after Practicing this Shift

For more information regarding food language, see:

healthcoachesinternational.com/articles/healthy-behaviours-series-positive-and-negative-food-language.