

Leafy Greens & Goodness

Beginning to see food as just food and not the judge of our morality.

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Objectives

1. Learn how the body “sees” food
2. Recognize how we attach morality to food
3. Ways to let go of food “morality”
4. Recognize how we eat, determines what we eat
5. Deconstructing emotional eating as “bad”

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Texture

Temperature

Flavor

Sight

Sounds

Smells

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Good

Bad

Healthy

Not Healthy

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Nudge & Push

Eating Like an Infant

Simple and Complex Carbohydrates

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Adaptive versus Maladaptive tools
not
Emotional Eating