



# Health-Full Eating and Nutrition



## Developing Healthy Food Affirmations

### Healthy Food

We all know that healthy food should be our preferred choice of food for our eating habits. But what about that cheeseburger or pizza just calling your name! Sure, every now and then it is no problem since life is meant to be enjoyed and food is a part of that enjoyment. However, we can't survive on a diet of pizza and wings three to four days out of the week without some serious potential for health problems. In this article I'm not going to tell you what to eat, but how to hopefully develop healthier habits and the power of healthy food affirmations.

### What is an affirmation?

What is an affirmation and how can it help? The basics of an affirmation is simply anything you think or say. Example: You're going to an Earth Day celebration (April 22<sup>nd</sup>) and you say "I'm going to eat and drink for every ounce of trash found in the ocean"... or "I'm going to enjoy myself and only eat until I'm full." these are two very different affirmations. Though they might sound extreme, they will have an impact on the individual that declares them. I know that sounds funny, but there is scientific research to back up the use of affirmations.

### Science of positive affirmations

Positive affirmations are a conscious effort to combat negative thoughts or can be used to self motivate when obstacles arise. Whether that obstacle is fatigue, self doubt, or other challenges, affirmations can help. Simply put, they work by steering subconscious and conscious thoughts and actions toward a predetermined conscious goal. By just speaking it into existence, it helps you to be mindful of the goal throughout the day.



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## Tips for a successful affirmation

So now that we have an idea of what affirmations are and how they work, let's get into the creative process. The first thing is to create something you can really believe in. You can't just say it and roll your eyes. You have to really mean it! Another tip is to associate your affirmations with positive feelings. Try to imagine what it will feel like to accomplish your goal specifically. Try to remember how you've felt when you've had a successful day of healthy eating and use that as motivation to have more healthy days. If you haven't had a successful day recently, then imagine having more energy and better focus for work and recreational activities. Lastly, pick a strategy that works best for you of when and how you will declare your affirmation.



## Strategy ideas

Here are some ideas to find what works for you and your affirmations. First try setting an alarm or reminder for a specific time everyday to say your affirmation out loud. You can even pick a specific place as well. Try putting reminders with your affirmation. Write them down and place them throughout the house on your office desk, car, or anywhere that you will visibly see it often. Make screen savers or backgrounds with your affirmations. There are endless opportunities for reminders, get creative! You could also consider looking up some blogs with people posting ideas of what worked for them for more inspiration. The key is making an effort and being conscious of your goal as much as possible.

## Examples of healthy food affirmations.

Lastly here are some ideas and examples of healthy food affirmations.

- I eat only when I am actually hungry.
- Today I eat for nourishment.
- I eat well so that I can live well.
- I am worth the time and money I invest in my health.
- I can easily make a nutritious, delicious meal.
- I am well nourished in preparation for the day ahead of me

## References:

<https://www.onthebuzz.in/affirmations-that-empower-your-relationship-with-food/>

<https://positivepsychology.com/daily-affirmations/>

<https://carolinejordanfitness.com/positive-affirmations/>