

FOOD VALUES WORKSHEET

Each of us holds unique food values. They guide the ways we engage with food and the act of eating. Our food values might come from our family of origin, our culture, our past experiences, our beliefs, or a combination of all of these.

Some common food values are: to eat foods that are significant to your culture, lineage, or religion; to not waste food; to eat in a way that makes your body feel good; to eat in a way that does not contribute to suffering in the world; to experience unfamiliar tastes from faraway places; to eat seasonally or locally; or to eat for true satisfaction (I do hope this last one is on your list!).

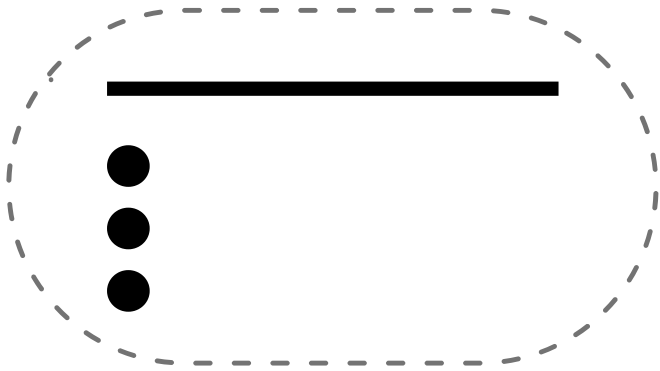
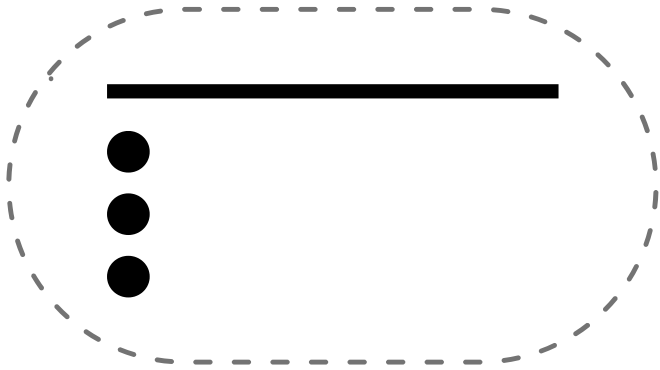
Respecting our food values is one way we practice Intuitive Eating and acknowledge the various roles food plays in our lives. Taking an inventory of our food values and allowing them to guide our choices is an act of self-care.

Occasionally our food values might conflict with one another. For example, the value of not wasting food might conflict with the value of respecting your fullness.

When this happens, it is helpful to have ideas for how to respect both values. Could you store, donate, or compost leftover food so that it doesn't go to waste and so that you can stop eating exactly when you get to that sensation of "enough?" If for some reason you were not able to store, donate, or compost the food, however, how would you resolve this conflict? Could you give yourself permission to prioritize your satisfaction and intuitive eating over wasting food?

On the next page, explore your own food values and when they might conflict. How can you resolve the conflict in a way that feels aligned with taking care of yourself?

Write your unique food values at the top of each bubble below and fill in the bullet points with ways to respect that value. Finally, draw a line between any that might conflict and explore how to resolve this on the next page.



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What did you discover about your food values?

Choose two food values that might conflict. What might allow you to respect both?

If necessary, how would you choose which to prioritize?
