

Chat with peers who relate to your struggle, 24/7, at www.supportiv.com

How To Embrace Food Freedom For Body Image Struggles

Below, find three key ways to embrace food freedom, as recounted by eating disorder recovery TikTok advocate @elizabethsnazz.

1

Check your food worry

Remember that foods are not "good" or "bad" unless you are allergic to them or they are rotten.

Instead of tying your worth to food, focus on food that tastes good, makes you feel good, or is culturally relevant to you.

2

Stop the restriction cycle

Let the guilt + shame settle. Hunger is your friend. It's a helpful signal just like your sense of thirst or need to sleep.

Restriction often results in a cycle of dieting, bingeing and purging. Bingeing is a biological survival response to restriction.

3

Trust your set point

Look up HAES (Health At Every Size) studies, which show that weight loss is not necessary for health.

Trust that when you learn to honor your hunger + fullness cues, your body stays at the healthiest shape for you.