

NICOLE'S NUTRITION PHILOSOPHY

I believe in honoring my hunger by eating consistently because that ensures that my body receives the energy it needs to function. I also believe in honoring my desire to eat for reasons outside of biological hunger. I use my internal wisdom to guide how much food I eat, how often I need to eat, and what foods would satisfy me.

I believe that food provides fuel, is pleasurable, and connects us culturally and socially. Food is more than macronutrients and micronutrients; food brings people together, enables us to carry on traditions, comforts us, and is a demonstration of caring and nurturance.

My eating pattern is guided by three principles: balance, variety, and flexibility. I believe in balancing nutrition & pleasure. I believe in eating a variety of foods with different flavors, textures, aromas, etc. I believe in being flexible in my eating and don't need to eat "perfectly." I adapt my eating pattern to my needs & circumstances.

I believe in calling foods by their proper names. I do not use moralizing or judgmental language to talk about foods, serving sizes, or my overall eating pattern. I do not judge or comment on the food choices of other human beings.

I am the expert of my own body and needs. My eating pattern is not dictated by external rules, fad diets, or sociocultural mandates. I include any, and all foods, that I wish to eat and have access to eat. I also have the autonomy to say "no thank you" to foods that I don't enjoy, don't satisfy me, or don't meet my needs.

I believe that nutritional needs change on a regular basis and also at different ages & stages in our lives. What works for us one day may not meet our needs the next day. I believe in finding what feels best and what meets my current needs as they evolve.

I do not believe in restricting food intake or any particular food group(s) for the purpose of intentional weight loss. Biologically starving our body's cells of energy and nutrients is harmful to overall health and wellness.