



Eating Without Rules

When people decide they need to eat better, many try to adopt a rigid, rules-based approach. They categorize foods as “good” or “bad.” They resolve to eat only good foods and none of the bad. Research, however, suggests that this outlook on eating is not helpful in the long run. Experts in nutrition and behavior encourage people to enjoy a mix of healthy foods without making any foods forbidden territory.

Some studies suggest that all-or-nothing attitudes lead to overeating in what might be called a “Blown It” syndrome. As long as someone feels they are following “the rules,” they are well disciplined. But once they eat a forbidden food, they often feel they’ve blown it. They give up all the rules and eat more of these once prohibited foods.

So if there’s a less-than-healthy food you eat too often, long-term change may be more likely if you learn to simply reduce your consumption instead of giving it up completely.

For more information on making all foods fit in a healthy diet, contact your local base **Health and Wellness Center** or **Dietitian**.

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