Self Awareness and Nutrition

By Jen Muzzi, RDN/LDN, RYT-100, Chef

Self awareness is described as “the ability to see yourself clearly and objectively through reflection and introspection.” (1) That's pretty heavy and can be a challenge for many. In fact, it’s not likely that you will ever be fully unobjective. Through practice, journaling and gentle reminders, you will get close. It's also a lifelong process of emotion and physicality.

Self awareness can easily be applied to nutrition and eating habits. It’s simply mindfulness and/or intuitive eating. I have written blogs in the past that address these techniques, but here I can elaborate a little more. There is a difference between mindful and intuitive eating.

**Mindfulness is:**
- more a heightened awareness or attention that is on purpose
- in the moment
- non-judgmental.

**Intuitive Eating:**
- dives down deep into habits
- discusses mindlessness while eating
- and the when/why/how much aspect of eating.

Evelyn Tribole and Elyse Resch partnered up to write *THE* book on intuitive eating, they state: “As long as you are at war with your body, it will be difficult to be at peace with yourself and food.” (2)

I recently led a 4-part meditation series on self awareness and acceptance and that quote is exactly what I was addressing, being “at war with your body”. Granted there are time when you need to do battle, like with cancer or an autoimmune disease, but you still need to accept it in ways that are healthy. When you accept whatever it is that is going on in your life, you release all the “gunk” and let go, so that you can let awareness in. Eating and emotions go hand in hand for many, if not all people.

It’s important to note that Intuitive Eating should be started with the help of a dietitian, and if it runs emotionally deep or if you have an eating disorder of any kind, a mental health professional should be working in conjunction with your RDN.

It’s hard to find that right place where you can be at peace with food, but with practice and any sort of physical activity, it can happen. Just remember, self awareness and mindful/intuitive eating are lifelong practices.

Eat Well, Walk You Dog, Be Well and Bon Appetit!
~Chef Jen RDN/LDN

2. Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN, Intuitive Eating; a revolutionary no-diet approach. 4th ed June 23, 2020.