

# **IS SUGAR EVER OKAY TO EAT?**

**SOMETHING THAT'S SO GOOD CAN'T BE  
WRONG - AT LEAST ALL THE TIME!**

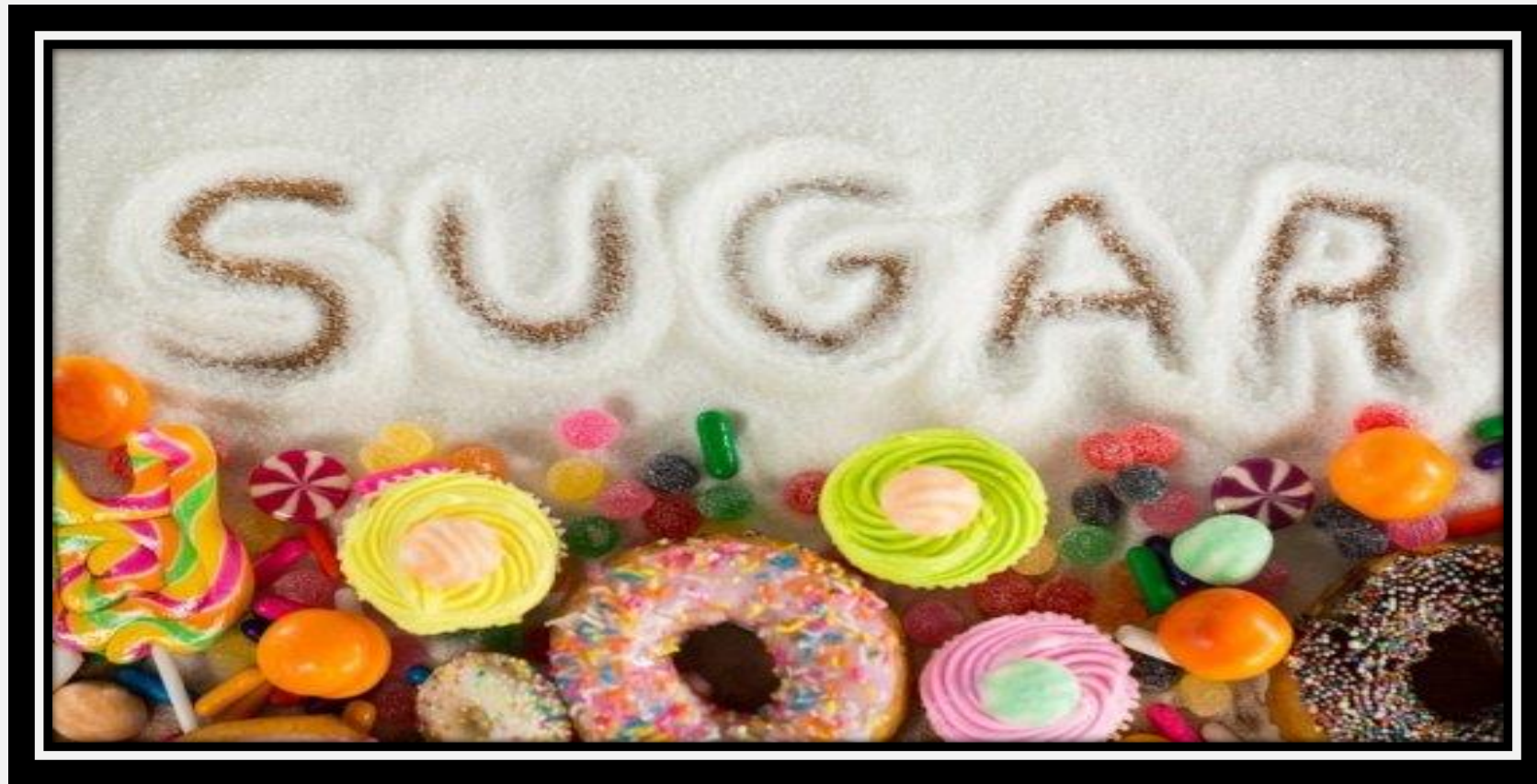
WELL, IN ANSWER TO THE QUESTION, "IS SUGAR EVER OKAY TO EAT?"

YES. IT IS OKAY TO EAT SUGAR. SOMETIMES.

CERTAINLY, MANY THINGS ARE PERMISSIBLE, YET NOT EVERYTHING IS BENEFICIAL. AND SOMETIMES IT'S SIMPLY HOW WE GO ABOUT THINGS THAT DETERMINE WHETHER THEY'RE HEALTHY OR NOT.

THERE ARE MANY STUDIES WITH EVIDENCE AS TO WHY/HOW TOO MUCH SUGAR IS DETRIMENTAL TO YOUR HEALTH AND WELL-BEING...

BUT WHAT YOU MAY NOT KNOW IS THAT A HIGH QUALITY TREAT IS VERY GOOD FOR YOU TO TAKE PART IN EVERY NOW AND THEN, ON OCCASION.





CONTRARY TO POPULAR OPINION; TREATING YOURSELF OCCASIONALLY IS COMPLETELY OKAY. IN FACT, IT CAN ACTUALLY HELP US TO CREATE A POSITIVE RELATIONSHIP WITH FOOD AND FORM A BALANCED DIET/LIFESTYLE.

“IT’S NOT GOOD TO SAY, ‘KALE IS THE BEST FOOD BUT CAKE IS THE WORST THING EVER’. IT’S ABOUT GETTING PERSPECTIVE. OBVIOUSLY IT’S BETTER TO EAT KALE THAN LOTS OF CAKE, BUT WE SHOULDN’T BE DEMONIZING FOOD AND LOSING SIGHT.”

-DUANE MELLOR, RD

“IF YOU’RE NEVER EATING THE FOODS THAT YOU REALLY ENJOY OR WHICH GIVES YOU PLEASURE, THEN THAT’S GOING TO RESULT IN FEELINGS OF DEPRIVATION, IT CAN INCREASE THE CHANCE OF BINGING AND OVEREATING, AND THIS CAN END UP BEING QUITE AN UNHEALTHY CYCLE.”

-CHLOE MCLEOD, RD

## **FOCUS ON A BALANCED LIFESTYLE:**

**A HEALTHY LIFESTYLE ISN’T ONLY ABOUT HOW MANY VEGETABLES YOU EAT, BUT ALSO ABOUT ENJOYING OCCASIONAL TREATS TO CREATE BALANCE.**

WHEN YOU DECIDE TO TREAT YOURSELF, TRY TO DO IT IN COMMUNITY, WITH PEOPLE YOU LOVE. MAKING THE TIME OF ENJOYMENT SWEETER, AND LESS FOCUSED ON THE FOOD.

“TOO OFTEN WE’RE ENCOURAGED BY VARIOUS MESSAGES TO FEEL GUILTY AFTER EATING TREATS AND THAT CAN DRIVE PEOPLE TO WANT TO EAT MORE, PARTICULARLY THE IDEA OF BANNING FOODS OR FOODS YOU ‘MUST’ AVOID. IT PLACES A DILEMMA ON YOUR MIND. HAVING A SMALL PIECE OF CAKE, OR EVEN SHARING A PIECE OF CAKE, WITH SOMEONE HAS A SOCIAL FUNCTION. IT’S IMPORTANT THAT WE TRY TO ENJOY OUR FOOD. IF YOU FEEL LIKE HAVING THAT DESSERT WELL, HAVE IT. BUT WHILE YOU ARE, EAT IT SLOWLY, REALLY ENJOY AND SAVOR EVERY BITE.” -DUANE MELLOR, RD

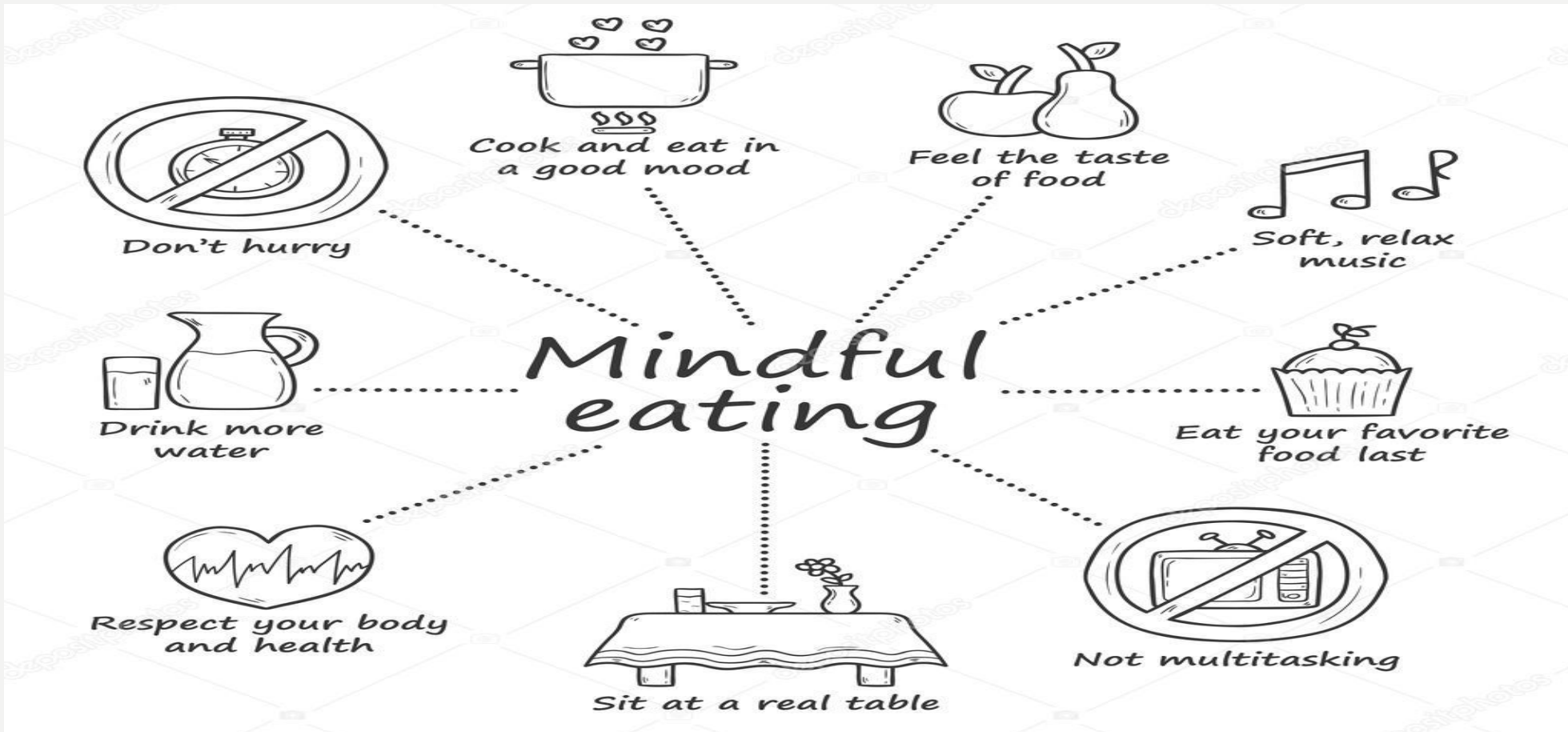




## PRACTICE MINDFUL EATING:

TO EAT MINDFULLY IS TO EAT WITH INTENTION, INSTEAD OF SCARFING DOWN THAT TASTY SOMETHING, TAKE YOUR TIME WITH IT. NOTICE THE TEXTURE; THE PLEASANT CRUNCH; HOW IT SMELLS; HOW IT LOOKS; HOW IT TASTES. ENJOY IT!

IN DOING SO, YOU WILL FIND THAT YOU'RE CONTENT AND SATISFIED WITH A SMALLER PORTION, AND THEN YOU CAN CARRY ON MAKING HEALTHY DECISIONS WITH CONFIDENCE AND MORE SELF-CONTROL.



# **JUST ENJOY IT!**

TO SUM IT ALL UP; JUST ENJOY IT.  
AS LONG AS YOU'RE HAVING TREATS  
OCCASIONALLY AND THEY AREN'T  
REPLACING HEALTHY MEALS, JUST  
ENJOY THEM!