



Week 1–Mindset and Scope of Practice

Students will learn the following:

- To recognize their biases and beliefs about nutrition, body image, and food.
- How these can be influenced by things other than God.
- How a mindset that is stuck in the past can keep you from being fully free.
- That God is the center of their mind, body, and soul.
- How nutrition and food are not separate from God.

Why study nutrition?

Nutrition is more than just learning about carbs, fats, and proteins. The world focuses on nutrition to improve the mind and body, but we are going to look deeper. We are going to explore how we can eat and drink for the glory of God, rather than the size of our stomachs.

1 Corinthians 10:31

There is a lot of information available about nutrition – from medical journals, research articles, blog posts, and even from social media influencers. The world views nutrition as knowing and applying the latest knowledge and to the world, “knowledge is power.” BUT we know that greater than man’s knowledge is God’s wisdom.

1 Corinthians 1: 25

Proverbs 3:7



Proverbs 16:25

Isaiah 5:21

Matthew 11:25

Romans 1:21-23

Colossians 2:8

When we approach our nutrition with the desire to simply gain the world's understanding for vain purposes, it will become useless knowledge. When we come with a humble heart before God to learn HIS ways, it produces wisdom that leads to freedom, truth and, love.

Why study nutrition?

- To have wisdom to care for our bodies as a temple of the Holy Spirit
- To understand how God made our bodies so that we can fuel them with good foods
- To grow in gratefulness to God (think communion with Christ through the breaking of bread and drinking of wine)
- God will use it as a tool to reveal places of sin and opportunities for healing
- To grow in the wisdom of God's ways over the world's ways
- To better understand our identity in Christ
- To identify idols in our lives

Evaluating Mindset and Preconceived Beliefs About Your Body, Nutrition, and Self

Before beginning this course, it is important that we evaluate our preconceived beliefs about nutrition, our bodies, and food. There are many things that influence our beliefs. It is important to note that not all of these influences are from God and that many are driven by the enemy to keep you in bondage.



- Areas that affect our perception of food, nutrition, and body image:
 - Media/Marketing
 - Family-Generational sins and beliefs
 - Personal experiences in life (bullying, rejection, abuse, etc.)
 - Others

Why is it important to do this? There are times when things other than God will begin to infiltrate our minds and belief systems. We must ask God to reveal those things in us that are not from Him so that we can be healed completely.

How does the media impact your view?

- Body Image
- Fads
- Weight Loss
- Subliminal messaging on the brain

Let's explore some examples of media in the realm of nutrition and fitness.

How does family impact your view?

- Generational sins
- Comments
- Food patterns/Dieting History

How can personal experiences impact your view?

- Negative comments about your weight/appearance
- Being rejected in relationships leads to misconceived beliefs about self
- People pleasing



- Lack of value of self
- Lost identity

Strongholds can keep you from moving forward into the freedom that God has for you. The story of the Israelites moving out of Egypt is a perfect example of how mindset can hold you back, but it is also a wonderful example of God's grace and mercy and His refining process.

In Exodus chapter 13 the Israelites were finally able to leave Egypt. Right away in verse 17, we see that God led His people in the wilderness for a purpose. Verse 17 says,

"Then it came to pass, when Pharaoh had let the people go, that God did not lead them by the way of the land of the Philistines, although that was near; for God said, 'Lest perhaps the people change their minds when they see war, and return to Egypt.' So God led the people around by way of the wilderness of the Red Sea."

As we continue reading in chapter 14 of Exodus, we see in verse 10 that when the Israelites saw the Egyptians coming after them they instantly were afraid. Verse 10-12 says,

"And when Pharaoh drew near, the children of Israel lifted their eyes, and behold, the Egyptians marched after them. So they were very afraid, and the children of Israel cried out to the Lord. Then they said to Moses, 'Because there were no graves in Egypt, have you taken us away to die in the wilderness? Why have you so dealt with us, to bring us up out of Egypt? Is this not the word that we told you in Egypt, saying, 'Let us alone that we may serve the Egyptians'? For it would have been better for us to serve the Egyptians than that we should die in the wilderness.'"

As we see, the Israelites had a slavery and victim mindset because they were only looking at their circumstances rather than God. The Israelites had their own perception and beliefs about what they thought was best and what was good for them. They did not have a faith that moved them completely into freedom. This mindset continued until the Israelites were refined and ready; THEN God allowed them to enter the Promised Land 40 years after leaving Egypt.



In chapter 16, the Israelites had evidence that God was with them in every step, yet they still doubted and took their eyes off Him. Once again, they desired to be back in Egypt, which they thought was a better place to be, rather than the newfound freedom that God had promised. When they complained to God, in His grace and goodness, he rained down manna from Heaven every day to provide for His children. The good news for us is that despite our lack of faith and having a slavery mindset, God loves us enough that He is faithful to His word AND He refines us through the process of the wilderness.

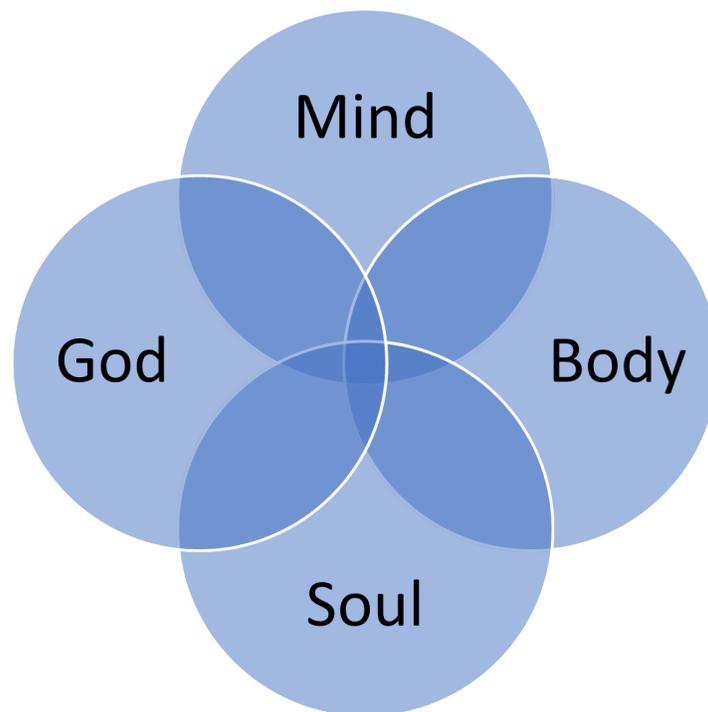
So how does this apply to your body image, food, and nutrition? If you have a victim/slavery mindset, you can learn about the freedom that God wants for you, but you will never truly live in it. There will be a continued desire to go back to old ways because your mindset has not been changed. There is still spiritual and mental healing that may need to be done.

This leads to:

- Diets (guilt and shame cycle leading to a restrict binge cycle)
- Orthorexia
- Over or under-exercising
- Negative body image
- Disordered eating (bingeing, chronic dieting, over restricting, overeating, emotional eating)
- Eating disorders
- Idolatry
- Gluttony
- Insecurities/Fears

When approaching nutrition, it is important to check if your perspective aligns with God's. We will be learning what this looks like throughout the course. Viewing nutrition only through the lens of the world will lead to destruction and keep you "stuck in Egypt."

How does God fit into the world of food, nutrition, and our body? The truth is that our mind, body, and soul all affect each other and our walk with God, and our walk with God affects our mind, body, and soul. They cannot be separated!



When we choose to disobey God in one of these areas, it can lead to consequences in the other areas as well. We will see how these all play out throughout the course.

Neuroplasticity

Mindset is very important in impacting the choices we make. Our thoughts lead to our actions. When we have deep-rooted beliefs about something, it can lead to subconscious thought patterns that control actions. This can impact how we eat, exercise, and how we view/care for our bodies. We saw this in the story of the Israelites as they left Egypt and were led into the wilderness by God.



Neuroplasticity is:

- The ability to change the thought patterns in our minds.
- Wiring thoughts between the subconscious and conscious mind.

Psalm 139:23-34

Mark 7:20-23

Hebrews 10: 21-24

Thoughts will become your reality if you allow them to continue. God gives us the ability to change our thought patterns so that we can honor God with our thoughts and actions.

2 Corinthians 10:3-5

This week, intentionally observe your thoughts, take them captive, and speak truth into the areas of life that you have negative beliefs about related to food and your body.

Scope of Practice

It is important to know your scope of practice when it comes to giving nutrition advice to someone. Scope of Practice is when you operate within a set of boundaries based on your skillset and the boundaries appointed by law. Each state has different regulations around Scope of Practice. It is your responsibility to research your state's laws around what nutrition information you can give.



Example:

All exercise professionals and health coaches can:

- Give general information using the Dietary Guidelines and MyPlate to their clients.
- Give meal plans that are developed by a dietitian (with their permission or those for public use) or government guidelines.
- Provide general nutrition information that is easily accessible on credible websites.
- Refer clients to a dietitian or health specialist.

They CANNOT:

- Give personalized meal plans to individuals.
- Perform nutrition assessments or determine the intake needs of a person.
- Use Medical Nutrition Therapy to treat, prevent, or cure a disease. Also, the nutrition care process and nutrition care standards cannot be used.
- Provide supplements (unless trained by a specific company for a specific supplement to sell over the counter).
- Call themselves a nutritionist or a dietitian.

When you are in doubt if it crosses outside of your scope of practice, it is best to err on the side of caution. The consequences are not worth the risks.



Week 1 Lab

1. You will be shown examples of advertisements. Write down what thoughts, feelings, or beliefs come up when watching.
2. You will be shown examples of state laws regarding Scope of Practice. We will then have practice conversations to help you implement these boundaries.

Week 1 Reflection Questions

1. Identify and write about your current beliefs about your body, nutrition, and food.
2. Can you identify where these beliefs stem from? Do you believe that they are from God and align with His Word? Can you find evidence of this in His Word? If so, write out the evidence.
3. If you have identified false beliefs that are not in His Word, write out the truths that you can speak out against the lie.
4. Take time to reflect on how often you watch or take notice of food, health, and fitness ads. What thoughts do you think when you see these marketing advertisements?



Week 2–Heart Matters

What's the Harm in a Diet? Intuitive Eating 101

Students will learn the following:

- To recognize how food, diets, and their body can become idols.
- How to recognize the patterns of guilt, shame, and pride associated with food, diets, and the body.
- To know their identity in Christ and to recognize when they are putting their identities elsewhere.
- To recognize patterns of a diet mentality and disordered eating patterns.

Idolatry, Pride, and Identity

The world we live in continually tells us that in order to be fit our body should look a certain way and we should follow the latest fad diet. With all the messages out there it's easy to think that starting a new diet and losing some weight will be the answer to all your life's problems. Doctors, health professionals, the fitness industry, and even dietitians make it sound pretty true. Media is fueling the fire that is already in the hearts of many. So we don't recognize that we should stop and look at the root problem.

The truth is, food, diets, your body, fitness, and nutrition are idols to many people these days, even Christians. It is an easy idol to pass off as "innocent" because from the outside it appears as if you are trying to better yourself for the right reasons, but on the inside, your thoughts and choices are driven by the unhealthy desire to meet the world's standards of "healthy." Pride and fear keep our hearts in bondage to these idols, as we struggle to surrender them to God and remove them from our lives.

Pride, idolatry, and identity all go hand in hand. Diets, food, weight loss, exercise, and body image can all become idols that separate us and God. We turn to these things to try and fill a void that can only be filled with our faithful and loving God.



Pride

Pride is when we think we can do something without or better than God. Pride is not always aggressive and boastful; it can be revealed in subtle ways. It is pride that keeps us from humility, yet when we are humble we gain wisdom and insight from above. Being prideful in our approach to better health leads to falling into the same cycles over and over.

God raises up the humble and lowers the proud.

- 1 Peter 5:5-6
- Proverbs 29:23

Pride can affect any area of our life, including our health, diet, weight loss and weight gain, fitness, and food choices.

Ezekiel 28:17

How does negative body image associate with pride?

- Isaiah 29:13-16

With pride comes an ungrateful spirit. When we only see the perceived flaws of who we were created to be, we miss out on the beauty and potential of who we were chosen and made to be.

Sometimes God allows us to be in certain circumstances to keep us in a place of humility. It is important to keep a check in our hearts with God to identify where we are allowing pride back into our lives.

- 2 Corinthians 12:7

We do not have to stay in a place of pride. We can repent and choose humility.



Idolatry

Oftentimes idols are used to fill voids such as insecurities, fears, emotions, and stress. We choose to put our value in outward appearance and others' approval rather than what God says. We also choose idols out of the pride in our hearts.

Examples of how food, diets, weight, and body image can become an idol:

- Food to comfort emotions
- Following a diet to feel validated or “good enough”
- Pride in appearance
- Determining our value based on what others think of us
- When weight becomes your sole focus

How do you know if these things have become idols?

- Ask God. He knows your heart (Psalm 139)
- Do you rely on them for security, identity, or comfort?
- What drives you to make choices around these things?

“An idol is whatever you look at and say, in your heart of hearts, “If I have that, then I’ll feel my life has meaning, then I’ll know I have value, then I’ll feel significant and secure.”

— Timothy J. Keller, *Counterfeit Gods: The Empty Promises of Money, Sex, and Power, and the Only Hope That Matters*

We overcome idolatry by knowing our true identity in Christ.



Steps to getting rid of these idols in life

1. Ask God to show you your heart and where you need His forgiveness and healing.
2. Repent.
3. Choose God over idols. Continue this process to keep God first. Confess your need for Christ to fill the void and speak HIS TRUTH over yourself. He will lead you out of temptation.

Identity

Our world has an identity crisis. This does not just apply to the unsaved, but also to the church. Many struggle with knowing who they are, their purpose, and WHOSE they are. Your identity is where you find your value in who you are. Putting your identity in anything other than Christ leads to disappointment, hurt, pain, discontentment, and insecurity.

Your identity as a child of God is in CHRIST, but for this to have an impact in your life you have to believe it and understand what that means.

Food, diets, weight status, body image, and fitness are all false identities. You are not more or less valuable because of what you eat, your weight, your fitness status, or your health.

The Guilt-Shame Cycle

When we put our identity in anything related to our weight, the diet we are on, or the food we eat, there is a common cycle that occurs. Many find themselves in this cycle and do not recognize the pattern. Even when the pattern is recognized, sometimes they cannot find a way out and fall back to old patterns.

Reasons for falling back into the guilt-shame cycle:

- Poverty/slavery mindset
- Pride



- Fear
- Sin/humanity

The guilt and shame cycle is a trap of the enemy that he uses to keep you ineffective and in bondage.

Patterns of the guilt-shame cycle:

- Feeling insecure in body and self
- Desiring to be accepted or good enough
- Starting and stopping diets (restricting ANY foods) to reach a place where you feel satisfied
- Facing life situations which then leads to having a “whatever” mentality and falling back into old patterns
- Struggling with bingeing
- Shame and guilt around eating certain foods or looking a certain way
- Weight gain including more than before
- Repeats of the cycle

You can break this cycle by surrendering and repenting for pride and idolatry and believing in your identity in Christ.

Many of us have said that we were “on a diet” in some form or another. While media and food companies can make a diet look like an answer to all your weight loss and health problems, it really isn’t and can lead to more harm in the long run as well as weight gain. For some, chronic dieting can even lead to eating disorders. Dieting is harmful in many ways, including your spiritual health. With that said, there is a way that we can eat that honors God and respects our bodies as a Temple of the Holy Spirit.



Disordered Eating and a Diet Mentality

What is disordered eating?

What consists of a diet?

- Restricting
- Mindset

Dieting affects

- Spiritual health
- Social health
- Mental Health
- Physical health
- Gut health

Examples of diets

- Keto
- Atkins
- Weight Watchers
- Intermittent Fasting
- Cutting carbs
- Paleo
- Others...



Week 2 Lab—Thoughts of Disordered Eating

1. A series of thoughts and conversations will be demonstrated that show examples of disordered eating patterns and negative body image. While these are being demonstrated, take notes if these are common thoughts that you think. We will discuss these in class.

Week 2 Reflection Questions

1. Can you identify if pride, idolatry, or the guilt-shame cycle around food and body has impacted your relationship with God and His ability to use you for His purposes?
2. What action steps can you take to overcome these things?
3. Spend time in scripture this week meditating on scripture that speaks truth to what your REAL identity is in Christ. Write at least seven of these identities in Christ and declare them over yourself daily.

Weeks 3 and 4—What is Intuitive Eating

Students will learn the following:

- The basics of intuitive eating.
- How to use intuitive eating skills in their daily lives.
- How to find accountability for intuitive eating.
- How intuitive eating is a biblical approach to honoring their health.

Intuitive eating is instinctual to how God created us to be. There are hormones that regulate our hunger, fullness signals, and foods can affect our brains in several ways. Intuitive eating teaches you how to listen to those signals and care for your body well. **WEIGHT IS NOT THE FOCUS.** As discussed in previous weeks, diets, weight, and food can become idols that stand in the way of a deeper walk with Christ and true freedom. The focus is overall health that honors Christ in the body He created to be a Temple for His Holy Spirit so that you can be better used by Him for the kingdom.

How can we allow all foods into our diets without sacrificing good nutrition?

God made all things to be permissible but not necessarily beneficial (1 Corinthians 10:23)

We will look into each step of intuitive eating. Those who have dieted for a long time or struggled with one form or another of disordered eating or eating disorders often are hesitant and even sometimes fearful when first learning how to intuitively eat. Truth is, many do not know how to listen to their bodies or the Holy Spirit when it comes to food.



Steps to Intuitive Eating ⁽¹⁾

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Feel Your Fullness
6. Discover the Satisfaction Factor
7. Cope with Your Emotions Without Using Food
8. Respect Your Body
9. Exercise-Feel the Difference
10. Honor Your Health–Gentle Nutrition

How to have accountability without following a diet

- Heart check-what is driving my choices?
- Idolatry check
- Counseling/Mentorship/Seek Professional Support
- Friendships that encourage a clean heart
- His Word
- Prayer



Week 3 Lab

1. Drawing or painted prayers: write out all the things you are grateful for about your body and who you are as a daughter or son of Christ. (You will need a canvas or sketching paper, paint brushes, or colored pencils and paint.)
2. Go through the house or on social media and get rid of diet culture materials. We will discuss this experience in class.

Week 3 Reflection Questions

1. What were the thoughts that came to mind when learning about the first parts of intuitive eating?
2. Do you believe that you currently are an intuitive eater?
3. How do you believe intuitive eating aligns with God's intention of food in our lives? Do you believe that being an intuitive eater would be honoring to God?
4. Do you currently notice your hunger and fullness cues?
5. Evaluate your trust in yourself and your body:
 - Do you trust that you can make wise decisions for your body?
 - Do you trust yourself around certain foods?
 - Do you trust that your body will give you signals?



References

1. *10 principles of intuitive eating - Intuitive eating.* (2017, March 7). The Original Intuitive Eating Pros. <https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>



Week 4 Lab—How to use a Label and Alter a Recipe

1. Bring one or two food items from your pantry or refrigerator that contain a label to class. We will be doing an exercise to prepare for the next two weeks' lessons.
2. You will be provided with a base recipe. We will discuss in class how this recipe can be changed to your taste preferences but still incorporate a variety of foods. If you have foods that are considered “restricted,” you may be encouraged to step out of your comfort zone and use these foods (unless it is related to an allergy or sensitivity).

Week 4 Reflection Questions

1. What do you believe is your biggest barrier to being an intuitive eater?
2. In what ways can God help you overcome this?
3. What action steps will you take to implement intuitive eating skills?



Week 5

Fueling Your Body Well by Respecting It as a Temple of the Holy Spirit

Students will learn the following:

- General healthful nutrition and the different nutrients used in the body.
- The main functions of macronutrients in the body and the consequences for deficiencies in intake.

What does it mean when God says our body is a Temple of the Holy Spirit and that we are each made in His image?

- Genesis 1:26-27
- Ephesians 2:10
- Colossians 3:10
- Genesis 5:1
- 1 Corinthians 15:49
- 1 Corinthians 6:19-20

There are three categories of nutrients that our bodies need to function: macronutrients, micronutrients, and fluids.

Macronutrients

- Carbohydrates
- Proteins
- Fats

Micronutrients

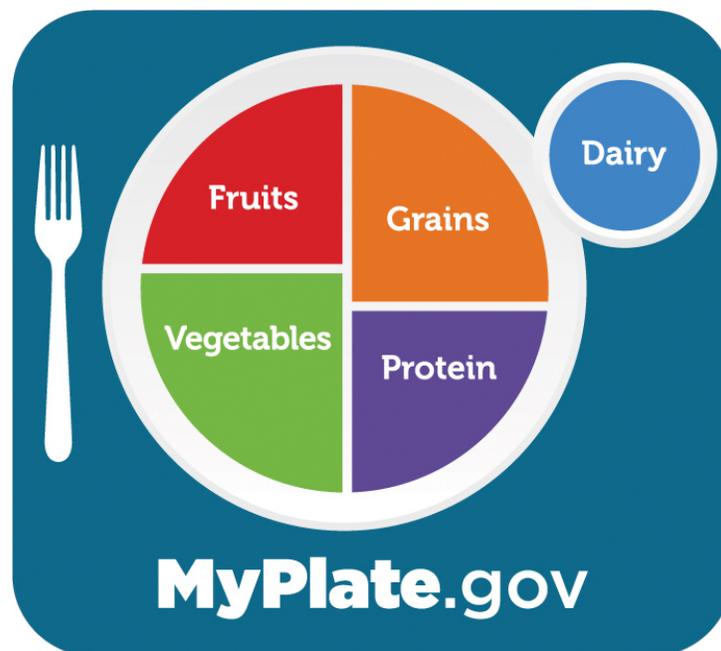
- Vitamins
- Minerals

Fluids

- Water

Our body needs all of these to function well. When there are deficiencies in any of these our bodies are built to compensate, but only for a short time. Long-term deficiencies lead to damage to the body in different ways. Later we will delve deeper into each of these nutrients and their role in the body.

American Guidelines and MyPlate





The five food groups include:

- Fruits
- Vegetables
- Proteins
- Dairy
- Grains

Foods in the food group provide a variety of the six nutrients. Eating a variety of foods is important so that your body has a variety of nutrient intake.

Where do other foods such as fats and desserts come in? What's more important than eating foods from every food group is having a healthy mindset and relationship with foods. ALL foods fit into a "healthy" diet. We will explore the "diet mindset" later on, how it leads to disordered eating patterns and how to incorporate all foods into your diet in a way that respects the body as a Temple of the Holy Spirit.

Understanding Macronutrients

God designed our bodies very intricately. There are many components and systems that cause our bodies to function and perform as God created them. There are six nutrients the body needs to function:

1. Water
2. Fat
3. Protein
4. Carbohydrates
5. Vitamins
6. Minerals



Four of these are called “organic” (with carbons) nutrients and two are considered “inorganic” (without carbons)

Fats, proteins, and carbohydrates all provide energy for the body in the form of kCalories. This energy is the “fuel” that we need for our bodies to function. While all of these provide energy to the body, they also all have a different role.

Fats

Unfortunately, fats have a bad rep in many ways. While some of the information about the harm fats can do to the body is true, there are also many benefits from fats in our diet, and the type and quantity, as well as lifestyle and genetics, must be considered.

- What is a fat?
- Different types of fat
- Fat containing foods
- Why the body needs fat
- How much fat do we need?



Protein

Protein tends to be emphasized, particularly in the American diet. Protein is a very important nutrient for the body and is commonly considered the “building blocks” of our body. While protein is important, many consume more than what is needed. When our bodies do not get enough carbohydrates, it will break down protein (from muscle and food) to use as energy if needed. This is not the ideal use of protein in the body.

- What is a protein?
- Foods that contain protein
- How protein works in the body
- How much protein do we need?

Carbohydrates

Carbohydrates are the most controversial in the “diet world” and have the worst reputation among all the nutrients. This creates a lot of confusion and unhealthy habits around carbs although they are the most needed nutrient in the body.

Carbohydrates are the main source of fuel for the body and many functions of the body depend on them to work properly. When there is an inadequate intake, functions in the body do not work as well as God designed them to. It is important not to restrict carbs from your diet. This can lead to long-term negative effects.



We see in 1 Samuel the consequences of restricting food out of wrong ambition rather than a spiritual fast that is led by the Holy Spirit. Because of this, there were consequences for the restriction of food. The army was physically weak. Jonathan, Saul's son, unknowing of the oath, consumed honey, and it says that he "felt much better." Jonathan pointed out the consequence of fasting without proper cause. The army continued to grow more faint as they fought the enemy and were not as effective in the battle as they could have been.

This is a biblical example of the role that carbohydrates play in the body. God designed our systems to depend on particular nutrients, and when we try to alter those systems we are not able to function to the extent that God created us to. Throughout the Bible, there are other examples of foods containing carbs, proteins, and fats as good. For example, while the Israelites were in the Wilderness, God provided manna. When Jesus fed the thousands, he multiplied bread and fish.

While yes, we do not live on bread alone, God made food to be good and our bodies require carbs, fats, proteins, minerals, vitamins, and water to function well!

Understanding carbohydrates:

- What is a carbohydrate?
- How carbs work in the body
- Foods containing carbohydrates
- Effects of deficient carb intake on the body



Lab Week 5—Creating Meals that are Versatile and Enjoyable

1. We are going to refer to the recipe you chose for your Week 4 Lab. This recipe will be discussed and you will be encouraged to alter the recipe so that it fits your preferences while also demonstrating a meal that incorporates a variety of foods from different food groups. We will be cooking together during class and then discussing our alterations.

Reflection Questions

1. In what ways have you been honoring your body as a Temple of the Holy Spirit?
2. In what ways have you been dishonoring it?
3. What steps can you take to care for your body as a Temple of the Holy Spirit?
4. When learning about nutrients this week and food groups, did you have any new beliefs around certain foods that differ from previous beliefs?



Week 6—Understanding Micronutrients and Fluids in the Body

Last week we looked at the role that macronutrients have in the body, so this week we will look at the even more detailed work of God by getting a better understanding of micronutrients. Micronutrients are evidence of the detailed parts of us that God created. Everything He made is with intention and great artistry.

Psalm 139

When we can have an appreciation for the workmanship of God, we begin to have a changed perspective of who we were created to be.

Vitamins

Vitamins are organic (contain carbons). They are made up of multiple elements to make a molecule. Each vitamin has a unique role in the body and deficiencies can cause the system that the vitamin is used for to not function as it is supposed to.

Water-soluble vitamins are excreted usually through urine when consumed in excess.

Water-soluble vitamins and their main role:

- Vitamin C
- B vitamins
 - B12
 - B6
 - Folate
 - Pantothenic Acid



- Biotin
- Niacin
- Riboflavin
- Thiamin

Fat-soluble vitamins are stored in fat. While toxicity is not common, it is more likely that toxic intakes are consumed with fat-soluble vitamins because they are not excreted into the urine like water-soluble vitamins.

Fat-soluble vitamins and their main role:

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K

Minerals

Minerals are inorganic, meaning they contain no carbons. Minerals are individual elements that cannot be destroyed in the body. They will stay in the body until excreted. They also cannot be changed into anything other than what they are. When cooking, some vitamins may be destroyed during the cooking process. However, minerals cannot be destroyed. They can be lost and transferred to the substance being cooked in, but not destroyed.



Major Minerals found in the body:

Calcium

Phosphorus

Potassium

Sulfur

Sodium

Chloride

Magnesium

Iron

Zinc

Copper

Manganese

Iodine

Selenium

Dietary Reference Intake

Estimated Average Requirements (EAR)

Recommended Dietary Allowances (RDA)

Adequate Intakes (AI)

Tolerable Upper Intake Levels (UL)



Fluids

We all know the importance of fluids in the body. Because our body is made up primarily of water, it is important that we intake water frequently to keep our bodies functioning at their best.

Why do we need water?

What happens when we don't get enough fluids?

How to add more fluids into your day

- Fluids other than water
- Straws/Water bottles
- Food
- Learning to be intuitive

How to use Intuitive Eating on a Modified Diet

Modified diets

- Diabetes
- Cardiac
- Hypertension
- IBS
- Celiac's
- Crohn's
- Low Sodium



The Food Label

When/how can the food label be used without going into a diet mindset?

- Modified diet
- Ingredient list
- Neutral feelings but informed decision



Week 6 Lab—Mindful Eating and the Emotions Around Food

Please prepare your favorite dish that has a special memory associated with it before coming to this week's lab. There are no rules as to what this food should be. It is simply a meal that you consider special to you for one reason or another. After preparing it, do the following:

Fix one portion that is about the size of your fist onto your plate or in your bowl. Sit in a place where it is completely quiet with no distractions; just you, God, and the food in front of you. With every bite you take, chew your food completely before you swallow and before putting another helping onto your utensil. While you chew your food, be very mindful of the flavors, textures, and characteristics of the food you are eating. Be intentional about having a grateful heart towards God about the food and the hands that prepared it. Notice the emotions or thoughts that come to you while savoring each bite. Do this until your portion is done. If you are still hungry, go back for another portion and do the same thing. If you are full but not stuffed, stop eating. Pay close attention to your hunger and fullness cues.

We will discuss your experience in class.

Week 6 Reflection Questions

This week, spend time journaling and reflecting on how God is in the details of your nutrition and health journey. Notice how allowing Him to be a part of this journey differs from when doing it alone. Where do you feel that you have been stuck in a cycle, and how do you believe that God can lead you out of the cycle? Find scripture that talks about God's intention and involvement in the details of your life. Reflect on these throughout the week.