

How To Embrace Food Freedom For Body Image Struggles

Below, find three key ways to embrace food freedom, as recounted by body positive TikTok advocate @elizabethsnazz.

Look up HAES studies, which show that weight loss is not necessary for health.

1 Trust your set point

Trust that when you learn to honor your hunger + fullness cues, your body stays at the healthiest shape for you.

Restriction often results in a cycle of dieting, bingeing and purging. Bingeing is a biological survival response to restriction.

2 Stop the binge, purge, restrict cycle

Let the guilt + shame settle. Hunger is your friend. It's a helpful signal just like your sense of thirst or need to sleep.

Remember that foods are not "good" or "bad" unless you are allergic to them or they are rotten.

3 Check your food worry

Instead of tying your worth to food, focus on food that tastes good, makes you feel good, or is culturally relevant to you.