

CONTROLLED BY NOTHING

FOOD AWARENESS



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Try this awareness challenge for a week (or more) until you see what foods work best for you.

1. Log It

Write down everything you eat and how much of it you ate. If you bite it, write it.

This is not for judgment — it's for honesty and awareness.

2. Rate It

Rate each meal / snack on a scale (1 = mostly junk -----> 5 = clean, nourishing, healthy food)

This helps train your brain to see food clearly.

3. Pick It or Ditch It

★ Star your best meal or snack — something that tasted good and left you satisfied.

✗ Put an X next to anything that felt controlling, compulsive, or unhelpful.

No guilt. Just information.

4. Evaluate Hunger

Before eating outside your planned meal or snack: Drink a full glass of water, pause, and ask: Am I hungry... or am I bored, tired, stressed, or thirsty? If it's true hunger, eat your planned healthy snack or meal a little early. If not, notice what your heart is really asking for.

5. Think About It

No mindless eating this week. That means (if at all possible): No eating in the car, No standing at the counter, No TV, phone, or scrolling while eating. Sit down. Slow down. Chew. Enjoy. Give your brain time to recognize that your body has been nourished. Make eating an event, not a distraction.

6. Choose Wisely

If you choose packaged food or drinks: Read the label & Log: >Calories, > Sugar. >Saturated & trans fats. >Serving size. Count how many ingredients you can't pronounce or that your great-grandmother wouldn't cook with. This isn't about fear — it's about informed choice. Simple food usually serves us best.

7. Meditate On It

Our verse for this week:

"Everything is permissible... but not everything is beneficial. I will not be mastered by anything."
— 1 Corinthians 6:12

When you're deciding what to eat, pause and ask: Is this helping me... or controlling me?