

## REWIRE YOUR FOOD BRAIN

### Nutrition & The Effects Of Food

When you see and feel all the benefits of eating well then it makes it easy to prioritise and you approach food choices from a different place - not because it's something you "should" do to lose weight, but you want to because you love the positive impact that eating this way has on you and your life, and dislike the negative consequences when you make poor food choices.

This week notice both the positive effects and negative feedback that you get depending on what you eat

Food	Effect/Impact
<i>Example:</i> <ul style="list-style-type: none"><li>- Bread</li><li>- Chocolate cake</li><li>- Eggs for breakfast</li></ul>	<i>Example:</i> <ul style="list-style-type: none"><li>- Makes me really bloated and uncomfortable</li><li>- Get a headache about an hour later and get spots the next day</li><li>- Felt energised all morning and wasn't hungry til 1pm</li></ul>



### Insights & Actions

What's the main learning you've gained from doing this exercise? What will you do differently going forward?

---

---