



Top 10 Food and Nutrition Affirmations

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When you have "convenience" food bombarding you from every direction, it can be difficult to choose options that give your body the nourishment it needs.

However, if you have daily reminders and effective tools at your disposal, you just may find that eating the right foods and feeding your body the best fuels becomes a lot easier.

Of course, there will always be temptation, but when you equip yourself with *anti-temptation tools*, you will be able to quickly re-focus your mind on your greater goal of getting healthy!

Using Affirmations to Make the Healthy Food and Nutrition Choices

When everyone around you at the office is indulging in burgers, fries, and sugary drinks, it's awfully tempting to join in, isn't it?

But what if you could stop that temptation in its tracks and actually *choose* to make a healthy choice? You don't need me to tell you that fatty and sugary choices are *not* the kinds of food that your body needs - you need to tell yourself!

It can be hard in moments of temptation to make the right choice, but ***with the help of positive affirmations, you can re-train your brain to replace the desire for junk food with healthy choices.***

Affirmations can help you stick to your diet, say no to temptation, and eat nourishing and satisfying foods. How? By replacing the negative spiral of thoughts in your mind with powerful, positive ones.

But first you have to believe that it *is* possible to gain control over your thirsts, desires, and cravings. The first step in making a lasting change in your life is to make the commitment to success. Are you *committed*? Do you *believe* that you can overcome your cravings?

Once you've set your commitment in stone, you're ready to learn the top 10 affirmations to get you through moments of weakness.

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Before reading the list below, you should know that affirmations are *most* successful when you internalize the saying and repeat it frequently. Whether you're having a good or bad day, you need to be constantly repeating these positive statements in your mind. Temptation will strike when you least expect it, so it's better to be prepared!

1. I can neutralize bad habits with good food, exercise, and healthy living.
2. I am proud to reach out to my support network instead of leaning on food for comfort.
3. I am losing weight for *me* because I love me.
4. I set aside time just for me.
5. My good health and productivity are the rewards for the nourishing foods I eat.
6. Weight gain happens over time, so my weight loss equally requires time, patience, and lifestyle changes.
7. I use self-care, not self-control.
8. The more I take care of myself, the better I feel.
9. I am firmly committed to staying active and healthy.
10. I deserve a healthy body and mind.

When you look at these food and nutrition affirmations, they may seem like ideals - behaviors and thoughts that you only wish you could have - but each time you reaffirm them by saying them aloud, you're slowly changing your mindset. Over time, these ideals will become a reality through your thoughts and actions.

But remember, you must first believe you can change. Once you make the commitment to your success, you *will* change your attitudes about food and you'll be thankful you did!