

FOOD FREEDOM IS:

Being free to make your own personal, informed choices about food.

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Knowing which foods you're free to eat
because they're kind to your body and mind.

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Knowing which foods you've chosen to free yourself from
because of their addictive or harmful qualities.

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Knowing your own healthiest boundaries;
when you can relax them and when you can't.

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When you slip up, you don't give up.
You give yourself grace and move on.

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Not expecting food to fill your depleted heart, mind, or soul.

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Enjoying delicious food — with gratitude, without guilt.

