

FOOD FREEDOM IS:

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

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

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

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

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

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

Enjoying delicious food — with gratitude, without guilt.

