



**BANISTER
NUTRITION LLC**
CHANGING HABITS
CHANGING HEALTH
CHANGING LIVES

JANUARY

Nutrition Notes

- **January: New Year – New You... Here We Go Again!** Let's do it differently this year. Instead of focusing on: don't eat carbs, decrease fats, stop all red meat, no gluten, avoid sweets and desserts, measure this, weigh that - consider what goes on between your ears. Have you ever taken action and realized there is always a preceding thought leading you to that choice? If a few extra pounds are frustrating you, you must consider what you are eating, but also *what you are thinking*. Your thinking creates your reality and you are always affirming something in your head. Are you affirming positive or negative thoughts? Negative thoughts lead to a negative reality and living in a negative reality will affect your relationship with food in a negative way.
- **Diet:** The definition of the term **diet** is one's usual food and drink. When you start restricting your intake to lose weight or improve health, then it becomes an action word or verb **dieting**. The **dieter** may become preoccupied with the very substances they are trying to avoid. **Dieting** can be the instigator of weight gain, binge eating, anorexia nervosa or a life time of never being satisfied with one's weight, fitness and body. The stricter the **dieting** rules, the greater the chances of disordered eating eventually coming into play. **Dieting** can be a result of binge eating.
- **Indulgence vs Binge Eating:** Splurging or offering yourself an indulgence on occasion is not binge eating. An indulgence is an occasional indiscretion of increased amount of intake, or frivolous eating for no good reason, which has no effect on one's life. Binge eating involves excessive intake, initial feelings of pleasure followed by feelings of disgust, shame, loss of control, rapid eating, agitation during the binge and frequently secretive. Binge eating episodes are costly.

Banister Nutrition is fully equipped to guide and support each of your patients throughout 2019 to a NEW, healthy, fit version of themselves.

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