	1
FOOD ANTHROPOLOGY	
V.1 E	
Video Four	
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	2
PRINCIPLE #5 CHALLENGE	
THE FOOD POLICE	

INNER DIALOGUE	3	
➤ We are our biggest critic		
➤ Positive inner dialogue is important to our mental health		
 Excessive mind chatter/negative self talk can cause feelings of depression or anxiety 		
➤ Belief: My critical inner dialogue is motivating		
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GUILT	4	
➤ Very strong and powerful emotion	4	
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 Very strong and powerful emotion Information overload = self criticism 	4	
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MORALITY OF FOOD	7
➤ Foods are given moral connotations for the purpose of marketing	
➤ Sinful, decadent, tempting, guilt free	
➤ Foods are either good or bad	
➤ (Somewhat) detach from your fundamental training	
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	8
THE FOOD POLICE CAN	
ALSO BE FRIENDS OR FAMILY	

FOOD POLICE-FRIENDS AND FAMILY EDITION	9	
➤ "Are you really going to eat that?"	_	
➤ "How can you eat all of that?"	_	
➤ "Isn't that bad for you"		
Or	-	
➤ "I would never eat that?"		
➤ "I gave up food and never felt better"	-	
➤ "You should totally stop eating, it will change your life"	-	
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	_	
FOOD POLICE	10	
	10	
➤ How it hurts? Scrutinizes our eating actions and keeps	10	
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➤ How it hurts? Scrutinizes our eating actions and keeps our body at war with our mind	10	
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NUTRITION INFORMANT 11	
➤ Tells us the breakdown of EVERYTHING we are eating	
➤ It's not wrong to understand what you are putting in your body	
➤ It's about the attitude, frequency and diligence that	
fuels it	
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NUTRITION INFORMANT 12	
➤ How it hurts? Reinforces thoughts of the food police	
➤ How it helps? Once we can detach it from the food	
police shifts into the nutrition ally	
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DIET REBEL	13	
➤ The voice in our head is very determined		
➤ Natural desire to rebel	_	
 Usually driven from past/current "food police" relationships 		
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DIET REBEL	14	
➤ How it hurts? Usually results in overeating and	14	
	14	
 How it hurts? Usually results in overeating and sabotage How it helps? When we shift from diet rebel to rebel 	14	
 How it hurts? Usually results in overeating and sabotage How it helps? When we shift from diet rebel to rebel ally it can help you guard yourself from others/ 	14	
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FOOD ANTHROPOLOGISTS!

FOOD ANTHROPOLOGISTS

- ➤ Neutral observer
- ➤ Non-judgement
- ➤ Paves the way for Intuitive Eating

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16

FOOD ANTHROPOLOGISTS	17	
➤ I didn't eat breakfast today		
➤ I ordered a donut with coffee this morning	-	
➤ I ate 3 cookies in the staff meeting and felt sluggish about an hour after the meeting		
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	18	
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66	18	
Helps you filter fact from emotion.	18	
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Helps you filter fact from emotion.	18	

NUTURER	19
➤ Positive self talk/reflection	
✓ I ate until I was uncomfortably full at lunch and dinner today.	
What activities was I taking part in besides focusing on eating?	
✓ Was I feeling an emotional need to overeat?	
✓ I felt energized when I choose an apple with almond butter as my mid-afternoon snack	
✓ I am proud of the times that I honored my biological signals for satiety	
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	20
Shifting from food police to food	
anthropologists is the foundation of Intuitive Eating.	
intuitive Lating.	

INTUITIVE EATER	
CHALLENGE NEGATIVE THOUGHTS	

NEGATIVE SELF TALK	23	
➤ Am I having repetitive and intense feelings?		
What am I thinking that's leading me to feel this way?		
What is true or correct about this belief? What is false?		
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DICHOTOMOUS THINKING	24	
Black or whiteBased on the thought that there is ONE path to		
perfection		
➤ Restrictive eating rules are black and white		
➤ Intuitive Eating is all the colors 🌈		
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	25	
ABSOLUTIST (OR MAGICAL) THINKING		
➤ If, then thinking		
➤ "If I follow this plan, then I will never crave junk food"		
➤ Leads us to believe we have the control		
➤ Personal accountability		
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CATASTROPHIC THINKING	26	
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➤ I'll never be "skinny"	26	
	26	
I'll never be "skinny"It's hopeless	26	
 I'll never be "skinny" It's hopeless This will never work for me 	26	
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PESSIMISTIC THINKING	27	
➤ This will work for other people, just not me		
➤ I feel so fat		
➤ I barely ate healthy at all this week		
➤ I ate so much junk food this week		
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Food Anthropology I Video Four		
	28	
	28	
	28	
	28	
CHALLENGE NEGATIVE	28	
	28	
CHALLENGE NEGATIVE	28	
CHALLENGE NEGATIVE	28	
CHALLENGE NEGATIVE THOUGHTS	28	

LINEAR THINKING	
➤ You follow a very specific plan that allows for no deviations	
➤ Success-oriented and rarely stop long enough to just be and check out the scenery along the way	
➤ Examples:	
\checkmark All that is important is that I lose this weight	
\checkmark The faster I lose weight, the more successful I am	
✓ To be successful I must reach my goal weight by the specified target date	
\checkmark I will lose two pounds per week with no fluctuations	
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SWITCH TO PROCESS	
THINKING	

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32

PROCESS THINKING-EXAMPLES

- ➤ This was a rough week. But I learned some new things about myself that will help me make changes in the future.
- ➤ What's most important is that I honor the positive changes I'm making in my eating.
- ➤ I ate more than I wanted to at the restaurant tonight, especially the dessert. But I learned that by giving myself permission to eat dessert, it took away the urgency to have sweets again later. Usually I would have binged when I got home.

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