

## Celebrate Eat What You Want Day

To celebrate **Eat What You Want Day** (May 11, 2016) Marsha Hudnall, MS, RDN, CD, spent some time playing with the words and came up with these thoughts to communicate what this day is really about:

*Too bad there's no M in the words because I would have definitely included mindful eating in the discussion. Then again, all of what I say below is about mindful eating!*

On this **Eat What You Want Day**, consider these ways to celebrate.

*Enjoy your food.* Food is one of the greatest pleasures of life. Pleasure is good medicine.

*Appreciate it.* What went into getting it to your plate? Gratitude increases satisfaction.

*Taste it.* Savor the flavor to be truly satisfied.

*Wait for hunger before you eat.* It's the best seasoning.

*Honor your internal cues.* If you're hungry, eat. When you feel satisfied, stop.

*Acknowledge that perfection isn't necessary.* We all eat for reasons other than hunger at times. That's okay.

*Time matters.* If you go too long between meals and snacks, it can lead to overeating. Feed yourself regularly.

*Yesterday is the past.* If you ate in a way that didn't make you feel well, don't worry. Your body can guide you in what to eat today to feel better.

*Overeating is normal.* We all do it. If you don't feel bad about overeating, you may end up doing it less.

*Use compassion liberally.* Perfection isn't possible, nor is it necessary.

*Weigh your choices.* Not in terms of how they affect your weight but how they make you feel.

*Act in your own best interest.* You are the expert of your own body.

*Now is the time.* There's no better time than the present to start taking good care of yourself. It's never too late.

*Think about what you really want.* Expand your definition of want to include how food makes you feel.



**Happy Eat What You Want Day! I hope it's the beginning of a lifetime of eating what you want.**

Marsha Hudnall, MS, RDN, CD is president and co-owner of [Green Mountain at Fox Run](#), the women's retreat for healthy weight and well-being that pioneered the non-diet approach over 40 years ago. Mindful eating has been at the core of their approach for over 30 years. Marsha is also vice president of The Center for Mindful Eating.