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Nutrition Nibbles

T.H.I.N.K. Before You Eat

I recently read an article on shutting down negative thought cycles by using an acronym: T.H.I.N.K. which stands for Is this thought true, helpful, inspirational, necessary, and kind? I loved the concept and immediately thought of how it could be modified to help guide our eating decisions. After all, we make over 200 choices around food daily and I bet we could all use a little guidance. Here's what I came up with:

T. Is this choice Thoughtful? Am I eating this particular food because I want it or because it's convenient? Is this food item my choice or do I feel obligated to eat it because someone is offering it to me? Are the thoughts behind this food decision positive or punitive?

H. Is this Helping my day's diet? Often we eat something to fill a void rather than to add to our day's nutrition. For instance, snacking on your child's leftover goldfish crackers temporarily satisfies your hunger but does not really add to your nutrient intake for the day. Choosing a string cheese stick instead would offer you some calcium and protein and would satisfy your hunger for a longer time period.

I. Am I approaching this in an Intuitive manner? Are you honoring your body's hunger signals by eating? Are you stopping when you are satisfied? Are you really tasting your food or are you just slamming it down in a hurry? Are you choosing foods that you crave or are you eating something because it's diet-approved or you feel you should?

N. Is this Necessary? Are you really hungry? Or are you bored? Sad? Angry? Lonely? Stressed? You get the idea. Many of our daily eating occasions are for some other reason than hunger. Eating when we're not hungry leads to excessive caloric intake and body fat storage.

K. Am I being Kind to myself? Do the majority of your food choices show how much you value your body or are they a kind of punishment? Try following the 80-20 rule when it comes to eating: 80% of the time, be kind to your body and fuel it with nutrient-packed, satisfying foods. The other 20% of the time, be kind to your soul with fun dietary choices, like brownies or bacon.

I hope you have enjoyed gnawing on this food for thought and that you'll T.H.I.N.K. a little more often before you eat!

Thoughtful - Helpful - Intuitive - Necessary - Kind

Questions or Comments? Email me at
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