

FOOD RUTS

rut (n.) - a habit or pattern of behavior that has become dull and unproductive, but is hard to change

Signs of a Food Rut:

lack of enjoyment around food

indifference about what to eat

eating out more frequently

eating the same foods week in and week out

PROBLEM



you believe in a false food dichotomy

you think you "should" like more foods

you want to try new foods, but feel anxious or overwhelmed about doing so

your food choices feel "safe" and you're afraid to change anything

SOLUTION



challenge "good" and "bad" food beliefs

focus on eating "well"

identify why you want to try new foods and use that as motivation

shape your eating in a way that works for you

do your research

develop skills

take it slow

try without judgement

keep trying in new ways

examine your logic

make contingency plans in case a food rut occurs

PROBLEM



you're just too busy,
tired, etc. to try
something different;
auto-pilot feels easier

you can't come up
with any new food or
recipe ideas

if all else fails...

SOLUTION



take baby steps
try one new "something"
make slight alterations
to old standbys

explore the grocery
aisles

go global

tap into resources

get social

use your pantry or
store deals for
inspiration

avoid making
character judgments

give yourself
permission to try
again another time

embrace the rut and
focus on what's
working

“When we are
stuck in a rut,
we are being
invited to grow
and expand.”

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