

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:

*eating the same foods week in and week out
lack of enjoyment around food
indifference about what to eat
eating out more frequently*

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 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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