

My Supportive Foods Plan

1 CURRENT HABITS

What food habits support your mental and emotional well-being (help you feel good, energized and/or focused)? What food habits do NOT support your mental and emotional well-being (make you feel sluggish, irritable, or just not good):

2 NEW FOOD HABITS

What food habits do you want to keep and is there anything new you want to try to support your mental and emotional well-being? Be realistic and kind to yourself. Consider:

- Inner wisdom
- Foods that support the gut-brain axis
- Social eating experiences

3

MY ONE NEW THING

Making many changes all at once can be tough. Choose one change you would like to make first. Circle it on your New Food Habits list above or write it here.