

Guide 5. Food as Medicine: Macros, Calories, and How to Make Better Nutrition Choices

This worksheet is designed to help you understand how food works inside your body — so you can eat with clarity, confidence, and self-trust instead of confusion or guilt.

Part 1: Reframing Food

Before changing what you eat, we change how you see food.

Your Current Relationship With Food

Answer honestly, without judgment.

When I think about food, I usually feel:

- Calm
- Confused
- Emotional
- Overwhelmed
- Restrictive
- Curious
- Empowered

The biggest source of confusion or stress around food for me has been:

One belief about food or nutrition I'm open to rethinking:

Food as Function, Not Just Comfort

Finish these sentences slowly:

"I usually choose food based on _____ (emotion, convenience, habit, hunger, stress)."

“When I think about food as information for my body, it makes me feel...”

One reason I want to support my body with better nourishment:

Part 2: Understanding What Food Does in Your Body

Knowledge creates confidence.

Food, Health, and How You Feel

Right now, I notice that food affects my:

- Energy levels
- Mood
- Digestion
- Immune health
- Inflammation or aches
- Weight
- I'm not sure yet

One way I'd like my body to feel more supported through food:

Macronutrients — Awareness, Not Math

You don't need to calculate everything.

You just need awareness.

When I think about protein, fat, and carbs, I feel:

- Confident
- Somewhat familiar
- Confused

Intimidated

Curious

Foods I already eat that feel nourishing and supportive:

(Examples: eggs, chicken, beans, fruit, vegetables, rice, healthy fats, etc.)

One macro I may need to be more mindful of including:

Protein

Healthy fats

Quality carbohydrates

Balance overall

Part 3: Calories Without Obsession

Calories are information — not a moral score.

My Relationship With Calories

Check what feels true:

I avoid calorie information

I've obsessed over calories in the past

I feel neutral but unsure

I want awareness without fixation

One fear I've had around calorie awareness:

One benefit calorie awareness *could* give me if used gently:

Calorie Density Awareness

Without tracking, notice:

Foods I eat often that are very calorie-dense:

Foods I enjoy that feel filling and nourishing:

One swap I *could* experiment with (no pressure):

(Example: fruit instead of packaged snacks, whole meals instead of grazing)

Part 4: Gentle Implementation

This guide is about *using* information — not overthinking it.

One Focus for the Next 7 Days

Choose **one** area to focus on this week:

- Add one whole food per day
- Build one balanced meal per day
- Increase protein at meals
- Increase fiber-rich foods
- Replace one highly processed snack
- Simply observe without changing

My one focus this week:

This feels realistic because:

Self-Trust Check

Finish this sentence:

"When I understand food better, I feel more confident choosing _____."

One way I can practice curiosity instead of judgment around food:

Closing Reflection

Finish this sentence honestly:

"Food doesn't have to be confusing or controlling.

For me, food can be _____."

Before You Move On

You don't need perfect meals.

You don't need rigid rules.

You don't need to eat "clean."

You need understanding.

You need awareness you can repeat.

You need choices that support your body — most of the time.

Food is function.

Food is information.

And you are learning how to listen.

Take this guide slowly.

Let understanding replace fear.

Consistency comes next.