

MIND • BODY • FOOD

FOOD FOR THOUGHT

Food Is More Than Nutrients

Food can offer pleasure, comfort, connection, tradition and familiarity.

We eat for nourishment, but food also carries emotional, social, cultural and sensory meaning. Familiar foods can offer predictability or comfort, while shared meals may support connection, celebration and belonging.

Space to Breathe Therapy

Understanding the bigger picture

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Points to hold in mind

- A food's value is not measured only by vitamins and minerals.
- Pleasure and satisfaction can be meaningful parts of eating.
- Safe and familiar foods may support sensory regulation and reliable intake.

A balanced perspective

Food and eating are influenced by biology, psychology, relationships, culture, access and the environment. Useful guidance makes room for the whole person rather than reducing experience to one rule.

Questions for personal reflection

Use these prompts gently. You do not need to answer them all, and there is no correct response. They can be explored privately or with a trusted professional or supporter.

Foods connected with comfort

Foods connected with culture or family

Foods that feel safe and predictable

Ways eating supports connection

What I want less judgement about

Taking the idea forward

Notice without judgement

Observe what happens across more than one occasion before drawing conclusions.

Keep needs individual

Respect allergies, intolerances, sensory preferences, culture, access, health conditions and medical advice.

Choose achievable support

Small changes to availability, preparation, routine or support may be more useful than a complete overhaul.

Ask when unsure

A GP, registered dietitian or suitable specialist can help when symptoms, restriction or health needs are complex.

Important context

Nourishment and meaning can coexist. There is no need to earn pleasure or justify every food only through nutrition.