

Are You Getting Your Daily Values?

"It's not hard to make decisions once you know what your values are." - Roy E. Disney

Values are the things you find important in the way you live, work, and care for yourself. Identifying what you value about food will help you make choices that will support congruence, health, and happiness. You may also see if and how your values may be out of balance.

Listed below are several nutritional values. How do these values affect your nutritional choices/behaviors in both positive and negative ways? Have your nutritional values gotten out of balance? What are ways you can bring your values back into balance?

Sensory

- Taste
- Aroma
- Appearance

Internal Cues

- Hunger
- Desired energy
- Desired fullness
- Physical responses

Environmental Factors

- Budget
- Location
- Social Influence
- Availability

Nutrition Values

- Caloric density
- Nutrient density
- Food Groups

Emotional Values

- Cravings/satisfaction
- Food memories
- Ethical/moral values

“Magical” Values

- Expansive health benefits
- Health claims of nutrients/foods/supplements

Note: _____
