

Calories are controlling
If you give them the power

I would say I wanted to look at the ingredients
But really it was an excuse to look at calories
And the grams in each category
Because I needed to decide if I 'could' have it
Technically I could, but it was a matter of if I'd allow myself

Really they are just arbitrary numbers
For so long, things were packaged without them
And somehow everyone was okay (shocking, I know)
But now we look at them with judgement
Too many calories
Too many carbs
Too much sugar

In these times, we should try very hard
To remember that food is food
Because if you're being honest with yourself
Would your choices look different if everything had the same calories?
I know mine sometimes would

In treatment, a different approach was taken
Instead of seeing something with more calories as 'bad'
They told us that it had more energy for us
Framing it that way can help
Especially since we need food to survive

It's a controversial topic
To count them or not
Some people do, to make sure they get enough
Others are controlled by not going over what they think is necessary
Logging every morsel into an app
Overestimating the amount just to be safe
I'm not judging
Because I was there
Everything put into my body had to be logged

But what would happen if we resisted the diet culture
And went back 150 years to that mindset
How much happier society would be
Able to focus on more important things
Than the grams of carbohydrates in your bread
Because whether we like it or not, our brain works solely off carbohydrates

So if our world preaches self care
Then why doesn't taking care of our brain count?

e.g.