

Food Without Fear Kit

A printable companion to the StormIt guide What We Eat: build-a-plate notes, a gentle 30-plant tracker, a three-day food/symptom log, and the appointment script.

Use this for curiosity, not control. Skip tracking if it triggers restriction, bingeing, purging, orthorexia, anxiety, or body checking. This kit is education only, not medical nutrition therapy.

1. Build a plate

Part of plate	What to aim for	Gentle examples
Half	Vegetables and fruit, with variety over the week.	Leafy greens, carrots, berries, tomatoes, frozen veg, seasonal fruit.
Quarter	Whole grains or starchy plants, adjusted to culture and tolerance.	Oats, brown rice, millet, potatoes, corn, whole-grain bread, roti.
Quarter	Protein, with plant proteins often.	Beans, lentils, tofu, eggs, yogurt, fish, poultry, nuts, seeds.
Plus	Water, fats, flavour, and a slower meal when possible.	Olive oil, avocado, herbs, spices, fermented foods if tolerated.

2. Thirty plants, gently

Count plant types across a week: vegetables, fruits, beans, lentils, whole grains, nuts, seeds, herbs, and spices. This is a curiosity tool, not a scoreboard.

☐ Leafy green	☐ Orange vegetable
☐ Red/purple plant	☐ Allium: onion/garlic/leek
☐ Bean or lentil	☐ Whole grain
☐ Nut	☐ Seed
☐ Fresh herb	☐ Spice
☐ Fermented food if tolerated	☐ A plant from your family's food tradition

The two traps

Trap	How it shows up	Better middle
Ultra-processed default	Most meals are engineered, fast, lonely, or eaten at a screen.	Add one minimally processed option you already like.
Clean-eating anxiety	Food becomes fear, rules, moral scoring, or isolation.	Aim for nourishment, pleasure, culture, and flexibility.

3. Three-day food and symptom log

Use this only if tracking is safe for you. The point is to bring patterns to a doctor, registered dietitian, or therapist - not to judge yourself.

Day 1	Food / drink	Symptoms	Mood / energy	Notes for clinician
Morning				
Midday				
Afternoon				
Evening				
Before bed				

Day 2	Food / drink	Symptoms	Mood / energy	Notes for clinician
Morning				
Midday				
Afternoon				
Evening				
Before bed				

Day 3	Food / drink	Symptoms	Mood / energy	Notes for clinician
Morning				
Midday				
Afternoon				
Evening				
Before bed				

4. Appointment script

Bring the three-day log and ask the clinician or registered dietitian:

[] Could nutrition be affecting my fatigue, mood, gut, sleep, or blood sugar?
[] Should we check vitamin D, B12, ferritin, A1c, lipids, or thyroid?
[] Could any medication interact with grapefruit, alcohol, fasting, supplements, or major diet changes?
[] Would a registered dietitian referral make sense?
[] Could symptoms point to celiac disease, IBD, diabetes, anaemia, thyroid disease, or another medical issue?
[] What changes are safest to try first, and what should make me stop?

5. Stop rules

Stop and get help if...	Why it matters
Tracking increases anxiety, restriction, bingeing, purging, or isolation.	Food fear is harm, even if the food choices look healthy from outside.
Fasting causes dizziness, sleep disruption, medication problems, hypoglycemia, or panic meals.	Stability outranks the protocol.
Symptoms are severe, persistent, worsening, or unexplained.	Do not use food experiments to delay medical care.

6. Resources

Resource	Use it for	Link
Canada's Food Guide	Plain public-health plate guidance.	food-guide.canada.ca
Dietitians of Canada	Find a registered dietitian.	dietitians.ca
NIH Office of Dietary Supplements	Vitamin D, B12, iron, and supplement facts.	ods.od.nih.gov
Indigenous Food Systems Network	Indigenous-led food-sovereignty resources.	indigenousfoodsystems.org/about
Food recovery support	If food rules feel compulsive or unsafe.	nationaleatingdisorders.org / nedic.ca

Reminder: the healthiest relationship with food includes pleasure, culture, access, flexibility, and care. The evidence is the tie-breaker; your body is not a debate club.