



5 Diet Mistakes  
Stopping You From  
*living your dream life*

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A woman with brown hair, wearing a straw hat, blue sunglasses, a white t-shirt, and denim overalls, is smiling and smelling a yellow flower. She is standing in a field of yellow flowers under a clear blue sky.

# introduction

“Being healthy is about honoring your body every day through food, movement, and mindfulness”

When you think of your dream life and setting goals to get there, I bet you never considered how on-and-off dieting plays a fundamental role in all of it and can even get in the way.

I’m not here to hate on diets. True, I’m not a fan because nutrition and nourishment are such unique and individual things and we can’t just generalize it. But did you know that dieting impacts your inner superpower to get where you want to be in life? I’m talking about your confidence!

# *No any of these sound like you?*

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- ☐ You look in the mirror and can point out every single little flaw instead of your amazing qualities.
- ☐ You avoid that sleeveless shirt or dress that you love because you don't like your arms.
- ☐ You cancel dinner with your loved ones because you are on some strict diet and don't want to be tempted.
- ☐ You don't go for that job because you don't feel like you look the part.
- ☐ You miss out on an amazing adventure with your friends or a networking opportunity because you're not happy with how anything looks on you.

Any others come to mind?



If you identified with any or all of these, you're not alone!

Many of us have allowed our obsession with the diet culture and society expectations to get in the way of going after what we really want.

So here are the main dieting mistakes that have been bringing down your confidence.

We can call it a pebble-in-your-confidence-shoe of sorts that's been making your walk a little wonky.

There are a total of five little pebbles or diet mistakes that you are probably making and can start doing something about it today!



# Mistake #1

## Making food decisions based on calories

This is such an old school way of thinking about food. You are better than calories! For starters, they tell you absolutely nothing about the quality and nutrients of your food. A lollipop might have less calories than an avocado but we all know that the lollipop by no stretch of the imagination will be the better alternative from the two.

### **How it's affecting your confidence:**

You are spending your precious time counting calories instead of focusing on the things that matter. The important things in life. Anything that promotes an obsessive behavior, affects your confidence. Because we are not perfect and when we slip, that leads to thoughts of regret, shame, and guilt.

A photograph of a glass of red juice and a box of raspberries. The glass is partially filled with a dark red liquid. Next to it is a white cardboard box filled with fresh raspberries. In the background, there are some blueberries. The image is used as a background for the text on the left side of the page.

# Mistake #2

## Making up for what you ate by not eating, restricting food, or detoxing

We have tendencies to overthink things when we mess up and want to find ways to fix it. When we eat what we're not 'supposed' to, many want to make up for it by not eating the next meal or restricting certain foods (like the poor carbs and fat), or even go on a detox, fasts, or cleanses.

### **How it's affecting your confidence:**

This is a way of punishment. We feel we messed up so we have to fix it. It typically comes with thoughts of guilt and shame. It might make you feel like you're weak and like you're failing. When in reality, none of this is true! We have to stop punishing ourselves with food. Food is fuel and nourishment. Simple as that. Forgive yourself and move on.

A woman with long brown hair tied in a ponytail is running away from the camera on a dirt path. She is wearing a pink tank top and black leggings with grey stripes. The background is a soft, golden sunset over a field.

# Mistake #3

## Making up for what you ate with exercise

Like the above, instead of trying to fix your diet oopsies with food, some try to make up by working out extra hard. Maybe even too hard and without the proper support and conditioning. Which any fitness expert will tell you that you have to listen and respect where your body is currently at.

### **How it's affecting your confidence:**

This is yet another form of punishment but with fitness instead of food. It brings a focus and unhealthy expectations on the body. It promotes obsessing over how you want to look and what you think is flawed. Exercise should be a way to honor all the great things that your body is capable of doing. It should bring you joy and feel good. The important thing is to honor your body with movement every day instead of punishing it for how it looks.



# Mistake #4

## Following the trendy diet

We can jump from being vegan one day to keto the next expecting a miracle. Newsflash, you are so amazingly unique that you can't box yourself in a specific diet. That's why nothing seems to work for you. You need to find what your body needs and how to incorporate it into your routine.

### How it's affecting your confidence:

Jumping from trendy diet to the next can impact you in two different ways. The first, you might be in such intense food restrictions that you can't find food options with ease. This might take a toll in your social life and you might end up avoiding going out to avoid temptation. Second, food restrictions lead to food obsession. Which we know come hand-in-hand with guilt and feelings of disappointment. Even self-hate when you 'mess up'. Some days we might feel invincible for sticking to the diet. The next, like complete failure for caving.



# Mistake #5

## Labeling food as good and bad

“Is this good?” or “I’ve been so bad”. If I got a square of chocolate for every time I heard that, I would be the female Willy Wonka by now. Food is not good or bad. Yes, some have more nutrition, are less processed, and make our bodies feel better than others. But why label good or bad?

### **How it's affecting your confidence:**

The more you think you’re not supposed to do something, the more you want to do it. Simple as that! And when you cave, which we all eventually do, we hate ourselves for it. Being good is typically related to rewarding ourselves and being bad with punishment. Food doesn’t need to have that role in our lives. It’s there to give us the nutrients and energy so we can do amazing things in this world!

# So what's next?

I invite you to remove those pebbles from your shoe and Break Up with Your Diet right now. Start allowing that confidence boost to wash over you.

Feel amazing and go after the life of your dreams. With pure confidence and owning the catwalk of your journey.

You deserve this!

If this message hit home, feel free to share with your friends and loved ones too. And whenever you're ready, come hang out with me on Instagram, Facebook, and/or Pinterest under TheNutrinut. I'd love to know more about you!

Love,   
Raisa, the Nutrinut