

Jenna's 1 Page Profile - eating

Things that people like about me

Creative.

Always looks at things from different angles

Just gets on with things

Makes us laugh

What's Important to me about food and eating experiences

Good conversation over food and being able to have a laugh while we are eating.

To eat because I feel like it and not because I am pressured into it - never feeling forced.

For meal times to be relaxed and stress free.

Feeling comfortable in my body and not feeling fat.

Having foods with different textures and flavours - never eating bland or "stodgy" food.

Not having to finish my whole meal just because someone else thinks it's good for me.

How to support me best

If we are eating together and you are focusing on how much I eat the pressure is too much. Have a chat and focus on the social side of it as it becomes less of a chore for me.

I will also stop as soon as you do- this is because if you are not eating the focus becomes on me eating. If you could eat at a slower pace I will then eat more food.

I don't always skip meals on purpose - I do forget sometimes because it's not a habit for me. Don't tell me off if I've forgotten lunch, help me think of something to eat. If it's deliberate I am more likely to lie and say I've eaten.

When I'm struggling with food Tapas style works best for me rather than a whole plate of food in front of me. I like to have a variety of flavours and it seems like less food.

If I'm struggling to eat and I've told you about it help me to think about what's stressing me the most and how to work with that. Trust me with this even if you've noticed that I've lost some weight - if I can resolve what's causing me stress I can get back on track with eating.

If we are going to eat together you may think it's good for me to make decisions about where we eat - if I have no immediate suggestions please make the decision for me! I'm happy to go with the flow as long as it's not a big fast food chain.

If we're eating and I am pushing my food around a lot and taking small bites I am either full or don't feel like eating the food. Ask me if I've had enough - this lets me know that you've noticed what I'm doing and gives me permission to stop. It is better that I eat a small amount and feel okay with it than feel pressured to eat more. My relationship with food is never going to become positive if it is always a chore. If you push me I will conform and give you lip service - this will not help either of us in the long term.