

MAKING PEACE WITH PIZZA

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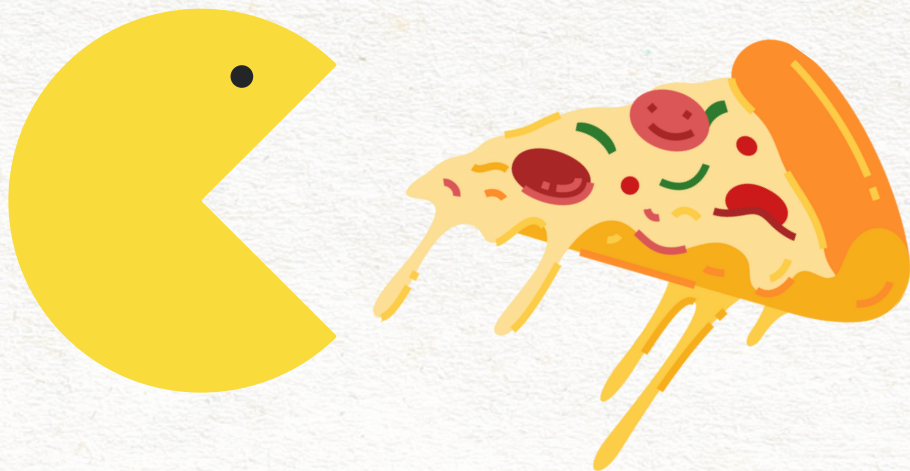
Our society loves to send messages about which foods are “good” and which are “bad”. “Good” foods are often considered to be “healthy” – vegetables and greens, whereas “bad” foods are considered “unhealthy” – sweets, french fries, and pizza. But since when does food carry morals? Is it possible to live a reality where ALL foods are welcome?

Making peace with all foods can be a daunting task. In our world, we are constantly receiving messages about the “dangers” and “consequences” of certain foods from friends, family and the diet culture. “I can’t have pizza. I’ve already had enough bread today” or “No thanks. I will stick with my salad” (insert judgmental voice). But is there any truth behind these messages? What is so “bad” about eating a pizza?! The truth is, NOTHING!

Pizza facts:

- Pizza has protein which helps build connective tissue, blood, antibodies, and enzymes.
- Protein is beneficial to satiety, hunger, and fullness!
- Pizza sauce has tomatoes which are beneficial to blood pressure and cholesterol levels.
- Pizza is also a convenient vessel for your favorite toppings!

Restriction around food leads to “food rules” and food labels such as “good” and “bad”. Assigning morality to food creates a hierarchy of foods instead of including all foods on the same playing field e.g. “I am bad for eating ice cream” and “I am good for eating salad.” Instead, when all foods are regarded as equal, there is no difference in a pizza versus a carrot! Of course, there are different qualities each food offers including texture, nutrition, flavors, and satiety, but there is nothing wrong with eating a pizza!



So, when debating if you should eat the pizza or not...
EAT THE DANG PIZZA!

