For this project I had proposed that I would be showing someone who is on an extreme diet, and only thinking of the healthy foods they are eating. I wanted to show the message of body image but with dieting. When people first start working out, they go to the extremes. Exercising for mass amounts of hours and not feeding back the nutrients your body needs to recover. I know a little about this, only because I did end up doing this for a little bit. Now that I know that many people end up doing this when they start off, I wanted to show in some way that it is okay to have the unhealthy foods sometimes. A balanced diet is important to stay healthy and having the unhealthy foods in moderation helps keep your body in balance. In the picture I have uploaded, I decided to have myself pictured. I have some of the bad foods on the table and I am looking at the food. The good food will be on my stomach, trying to symbolize that I am only thinking of the good foods – and not the bad foods, and restricting myself. I still have to add the text and will probably will have to do more work on the color and lighting of the foods. The lighting wasn’t the best when I took the picture so I am trying to match all the pictures to the lighting. I also said that I want to have the image say "balance is key" or "its okay to treat yourself" something along those lines, but I also might change it.