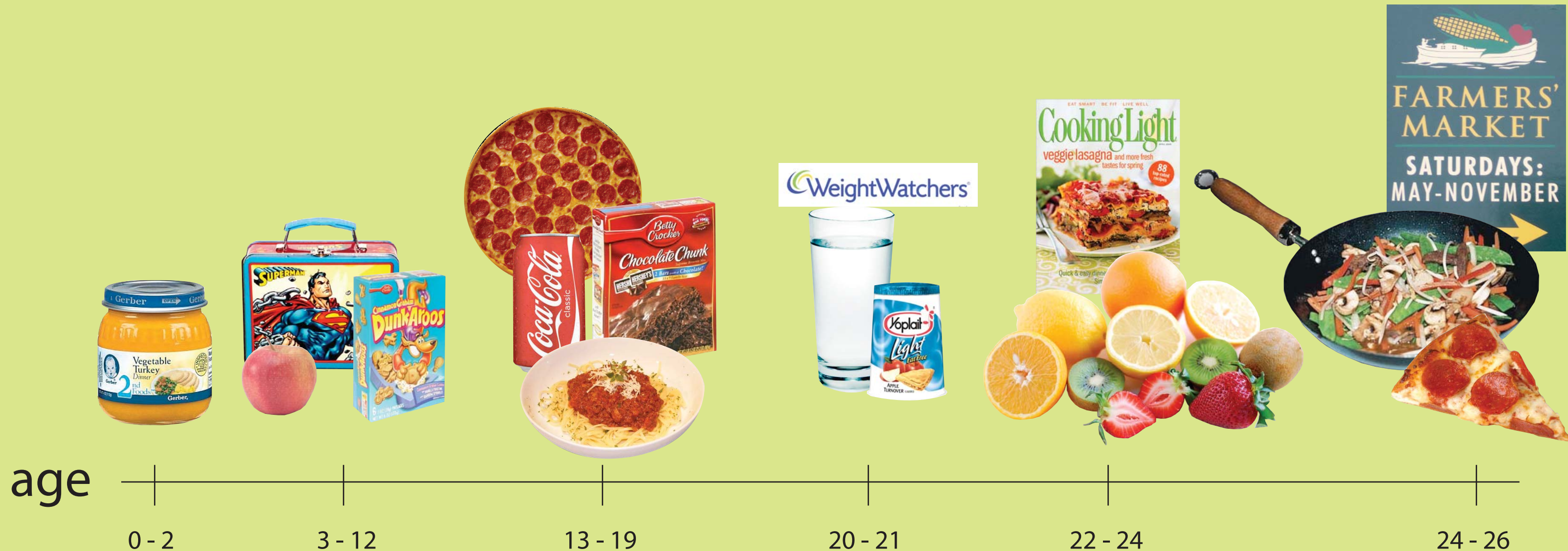


# food | timeline



This diagram describes my relationship with food during different periods in my life. The jar of baby food represents my years as an infant when meals were determined by a parent. As a child, Mom and Dad packed my lunches with nutritious foods but junk food was readily available. In my teenage years I allowed myself to eat whatever I wanted which usually included a lot of carbs, grease, and sugar. Once I made it to college I realized how bad my eating habits were, joined Weight Watchers unofficially, and severely restricted my diet. Eventually I learned to incorporate more nutritious foods rather than those that, while low in calories, were still processed and unhealthy. Now I try to cook healthy meals and shop at the farmers' market but still allow myself small treats without going overboard.