

Nina's Story – Appetite Foolishness

My appetite was a total idiot. The day I arrived at Suppers we read the concept appetite foolishness. We spent the hour talking about all the trouble we're in because our appetites made us feel that real food is bland and boring, and that junk food is delicious and fun.

Before coming to Suppers, I thought I just liked what I liked. I never thought that my love of "white food" was a sign that something in my body was broken or that it might mean something that I cared for chocolate and coffee more than for most of my friends.

I'm always getting urges to eat something that changes how I feel, doesn't everybody? Doesn't everybody eat something to wake up, cheer up, celebrate, and calm down? I do. I never thought in terms of eating "to solve an immediate problem at the expense of creating a bigger problem over time". But I can see that's what I've been doing now that I look at myself in this new light.

My relationship with processed food led me to overweight, bad moods, high triglycerides, high blood sugar, low self-esteem and chronic embarrassment. It's embarrassing to live in a body that craves these things and feels indifferent about fresh fruits and vegetables.

It's like the part of my brain that knows what's good for me isn't connected to the part of my brain that decides what I'm going to eat. I guess that's where automatic choices come in. It was past time for me to use a different part of my brain to make eating decisions.

There have been some pleasant surprises on the Suppers table. The salad dressings have all been delicious and satisfying; nobody tells me how much olive oil to use. There are several people in the group who love Indian food, and I do too. So we learned how to make our own curries. In tomato season we must have tried at least seven different recipes for fresh salsa, all really good.

These foods are making me a different kind of happy. I can tell they are delicious, and I'm very pleased with myself for eating them. I'm a little sad they don't fix anything for me except to take away normal hunger. But at least now I can recognize what normal hunger is. Before Suppers, my appetite was too stupid to know.