

Whole Food

How to use this card:

Pass this card around. Each person please state your name and read a small section of the content on Whole Food:

Boundary 4: Whole Food, Our Only Food Bias is That in Favor of Whole Food

Gabrielle's Story: Our Only Food Bias

Our Monday Suppers meeting is a little chaotic and very fun. It's not organized around any particular diagnosis or issue, it's just a bunch of people who want to learn to prepare healthy food and forge relationships with others who want to do the same. We invite presenters to teach us how to use equipment or prepare particular cuisines; sometimes we have guest speakers. This general meeting attracts people with a range of different food preferences and strong (not to mention incompatible) ideas about what "healthy" food is.

I don't know how we manage, but we do. Suppers is not about any particular diet, but a basic assumption that the healthiest food is food that's as close as possible to how it occurs in nature. Whole food. One of the tricks at our particular meeting is to find recipes that are easy to adapt for vegetarians and omnivores. It makes it easy to not be critical of each other's dietary biases if we all have delicious food on our plates.

Here's what we do at the Monday lunch meeting to accommodate both vegetarians and omnivores:

We always have an ample, gorgeous salad, and often a fresh salsa too. Just about everybody feels well on our slaws, fresh salsas, and chopped salads.

We usually have soup, stew, or chili that is suitable for vegetarians; then we add meat at the end.

We divvy up the price of groceries based on the menu, which is only fair because fish and meat usually increase the food costs and the vegetarians shouldn't have to cover our costs.

We do book reports and presentations, being careful to use "I-statements" so that it's clear we're talking about our preferences, not imposing our biases on others.

Some of us attend other meetings where everyone comes together to learn vegetarian food preparation.

In The Suppers Programs our only food bias is that in favor of whole food, though individual meetings may form around shared dietary preferences.

Continue around the table by briefly sharing how you relate to the Suppers boundary of Whole Food.

Talk about the food you think is healthiest for you and remember to use "I-statements" and avoid promoting any particular diet.

Discussion Prompts (Each person select a prompt that works for you.)

- Using "I statements", describe your health goals and the data you get from your body that guides your choice of eating style.

- Understanding that Suppers prizes biological individuality above all, how will you stand up for the eating style that works for someone else but does not work for you?
- If you have religious understandings or very strong personal biases about better ways of eating, describe why it is still of value to you to attend Suppers meetings and observe the boundary around personal biases.

Ideas for Next Steps:

Experiments and Observations:

- Do a thought experiment: Imagine you are eating at a table with people whose assumptions about what healthy food is are different from yours, how will you respond?
- Do a thought experiment: Imagine you are at a table with people whose food assumptions closely match your own. Imagine also being at a table with people whose food assumptions do not match your own. Just notice, and journal your inner workings about eating in these two settings.
- Catch yourself. If you find yourself being critical of another person's food choices, just write your observations about what's going on in a journal; save notes for discussion at a Suppers meeting or other safe setting.
- If you have children who don't eat as you tell them, do this experiment: Do not say anything about their food for one week, no rolling of the eyes nor sighing. Write observations in your journal; save notes for discussion at a Suppers meeting.

Between Meetings:

- Read how other Suppers members related to this boundary.
 - Read [Nina's Story](#) about developing a palate for real food, page 25 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - Read [Eva's Story](#) about traditional food preparation, page 29 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - Read [Steve's Story](#) about eating whole food for sobriety, page 33 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - Read [Marcia's story](#) about hungering for nutritious food, page 35 in the 2nd edition of *Logical Miracles* and on the Suppers website.