

Most-of-the-Time vs Some-of-the-Time Foods

For decades, foods have been moralized into good foods and bad foods. This moralization is not justified and can be harmful to our relationships with food. In reality, there are no good foods and there are no bad foods. All foods can fit into a balanced diet. (For more information on a balanced diet, [click here](#).) The moralization of food has led to people feeling guilty after eating certain foods. Sometimes these feelings come from what is sometimes called the “food police”.¹ This is the voice in our heads that tell us what foods are good and what are bad.¹ There is no need to feel guilty after eating, as we all deserve to eat, and we should eat the foods that we love.

A healthier approach to looking at our foods is most-of-the-time and some-of-the-time foods. Most-of-the-time foods are foods that we eat about 80 percent of the time. These are the nutrient-dense foods that are vital to our body’s health. Some-of-the-time foods are the foods that we eat about 20 percent of the time. These foods might not be nutrient-dense, but they add value to our lives.

Here are some examples of most-of-the-time and some-of-the-time foods:

Most-of-the-Time Foods	Some-of-the-Time Foods
Whole Wheat Bread	Pizza
Apples	Fruit Snacks
Baby Carrots	Chips
Chicken	Processed Meats
Yogurt	Ice Cream

We eat most-of-the-time foods most of the time because they make up the major components of our balanced diet. Some-of-the-time foods are also part of a balanced diet but are not the major components. It is important that when we are eating, especially when eating some-of-the-time foods, that we listen to our natural hunger and fullness cues.

It is also important to eat the foods we love and find pleasure in what we eat. If we deprive ourselves of foods that we love, we are more likely to overeat or binge them later.¹ This typically happens when we classify foods as “bad” and try to cut them out completely. It is not healthy for our bodies to overeat or binge foods. When we expose ourselves to these foods regularly and treat them normally, our cravings for them are reduced and we are less likely to think about and binge them.

Some-of-the-time foods do not need to be eaten on a certain day, they can be incorporated into our entire day. Our diets achieve balance over time, so we can look at the foods we eat as a whole instead of meal by meal. Our overall health and nourishment is not affected by one meal or one day.

Here are some ideas for how some-of-the-time foods can fit into a balanced diet:

- If you love Nutella, you could have whole wheat toast with Nutella as part of your balanced breakfast. Ex. Whole wheat toast, Nutella, banana, and a hard-boiled egg.
- If you love chips, you could have chips as part of your balanced lunch. Ex. Tuna sandwich on whole wheat bread with baby carrots and chips.
- If you love ice cream, you could have a serving after your balanced dinner. Ex, a dinner of mixed veggies, whole wheat pasta with red sauce, and chicken, with a serving of chocolate ice cream for dessert.

Sometimes it might feel hard to find a balance with the foods that we eat because some-of-the-time foods are often more readily available than most-of-the-time foods. Here are some tips for easily incorporating more most-of-the-time foods:

- Buy pre-packaged or ready-to-serve fruits and veggies. They are a lot easier to add to your day if they are already prepared.
 - You can also buy foods like quinoa and brown rice in ready-to-go packaging.
- Buy canned or frozen fruits and veggies for minimal preparation.
- Buy fruits and veggies that are easy to take with you during the day, like bananas, oranges, apples, baby carrots, or cherry tomatoes.
- Choose lightly salted nuts or seeds as part of a salty snack.
- Serve a salad as a side with dinner each night.
- Meal-plan ahead of time so you have some lean proteins (ex. chicken, fish, turkey, eggs, yogurt, cottage cheese, beans) planned for the week.
- Switch out your bread and tortillas for whole wheat options.
- Consider trying some new recipes that incorporate more most-of-the-time foods.

Source:

1. *10 principles of intuitive eating*. Intuitive Eating. (2019, December 19). Retrieved October 19, 2022, from <https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

