

Understanding the Risks of Labelling Foods as 'Good' or 'Bad'



PROMOTES NEGATIVE ASSOCIATIONS:

Creates guilt and shame around consuming "bad" foods, leading to an unhealthy relationship with eating.



ENCOURAGES UNHEALTHY EATING HABITS:

Leads to extremes like binge eating or strict avoidance of foods labelled as "bad," disregarding moderation.

NEGLECTS NUTRITIONAL VALUE:

Oversimplifies food value, ignoring nutrients in foods labelled as "bad" that are necessary for a balanced diet.



AFFECTS MENTAL WELL-BEING:

Contributes to stress and negative self-image, affecting mental health due to perceived failure when consuming "bad" foods.



CONTRIBUTES TO STIGMATISATION:

Fuels judgment and stigma around certain foods, impacting self-esteem and creating social divisions based on dietary choices.



CAUSES CONFUSION:

Foods labelled as "bad" are often put on a pedestal and used as rewards, creating confusion about their actual role in a healthy diet.

