

Julie: The Love Food podcast is brought to you in partnership with my PCOS and Food Peace course. Finally free yourself from endless PCOS, fatigue, frustration, shame, and guilt. For PCOS sufferers who are tired of ineffective diets and unhelpful advice, join me on a PCOS and food peace journey that will change your life forever. Grab all the details at pcosandfoodpeace.com. Say goodbye to the food police and hello to peace.

Julie: Welcome to the Love Food podcast, hosted by dietitian and food behavior expert, Julie Duffy Dillon. This authentically engineered series is in the form of a love letter, welcoming you to reconnect with food. Now pour a cup of coffee or a margarita, and let's begin.

Julie: Hi and welcome to episode 244 of the Love Food podcast. I'm Julie Duffy Dillon, registered dietitian and partner on your food peace journey. I'm so glad you're here. Thank you for connecting today. Those of you who are new to the Love Food podcast, well, welcome! You are in the right place if you are exploring or need more tools in your toolbox to help fight diet culture, recover from your eating disorder, and you just want to learn more about intuitive eating and start or continue on your food peace journey. We talk all about that in this show, and typically I read a letter to you from a listener and then I explore it with, sometimes with a guest, and then food writes back. And while today has a very similar template, it's a bit different, because I'm going to be reading a letter for you, and then I'm going to invite the letter writer on to the show. And we're going to explore the letter, and then this person gets to read their own food letter back, which was so wonderful as someone who's like, kind of behind the scenes doing this. It was so wonderful to hear someone like, read through their own letter to actually go through the process of writing it, and contributing to mending their own relationship with food. So, if you are a longtime listener, and maybe you haven't submitted your own food letter, but still want to like partake in this process, you know, sit back and listen to this episode and be curious if this is something you want to do for yourself to help along your journey. But if you are listening and you're like, maybe I do want to submit my own food letter, be sure to do so! Click on in the show notes. There are ways to submit your own letter to food, and I would love to explore it on a future episode. So, we'll get to hear this episode's letter, get all the details on who it's from. But first, a quick word from our sponsor.

Julie (ad break): This episode of a Love Food podcast is brought to you by my PCOS and Food Peace course. If you have been diagnosed with PCOS, I know that you've been told you have to diet in order to manage the condition, and I don't want PCOS to be associated with that four letter word anymore. There is another way: the PCOS and Food Peace course is rooted in intuitive eating and other anti diet types of therapies that I've been practicing for 20 years now. The course is one part self study where you have 12 modules and tons of bonuses that you get to do on your own time. The other part of the course is live group coaching. Once a month you get access to me to ask all your questions, and we meet over Zoom live, and if you can't make it you can also get the recording. We also have once a month guest experts that come in the community to dig deeper into concepts that you want to explore. This is a great time to join the community because May is the month that I turned 46. Yes, I am celebrating 46 years on this Earth! And I want to celebrate by giving you a discount. If you buy the course between May 16th and May 24th of 2021, use the coupon code BIRTHDAY at checkout and get 30% off. That's right. 30% off using the coupon- coupon code BIRTHDAY at checkout, and you can use that between May 16th and May 24th 2021. I cannot wait to see you inside. Get all the details at

PCOSandFoodPeace.com, and don't forget that birthday code, birthday code? Coupon code, BIRTHDAY, to use at checkout to get 30% off.

Julie: All right, enough of all that. Let's get to this episode's letter.

Julie (as letter writer): Dear food, I don't even know where to start. We have such a complicated relationship. Some words that come to mind that accurately describe our relationship are tumultuous, chaotic, and intense. I cannot think back to a time where you were just you. It feels like we have always had a toxic relationship, especially when others try to manipulate the way we view each other. I remember when a relative would feed me a delicious homemade meal, only for a moment where I could sneak in a few bites before they snatch the plate away from me. There were points in my life when you were all I had. I turned to you for comfort and joy, especially when it felt like my life was crumbling all around me. Other times I was so obsessed with exerting control over you. I would spend hours tracking you, following you, measuring out every individual portion I allowed myself to have each day. I was obsessed with you. But I am sure you already knew that. I thought the more control I have over you, the more worthy, lovable, and happier I would become. I had it all wrong. These days, our relationship is distant. I'm keeping you at arm's length as I navigate trusting you again. You no longer occupy my mind like you once did. You no longer dictate my worth because I don't let you in. I'm in the process of reclaiming my power, which means letting go of the control I have over you. Even when I invested everything I had, my money, time and energy into controlling you, it didn't make me happy. I did everything everyone told me to do, and yet I felt miserable. You disappointed me. I spent most of my life fearing you and neglecting you because that is what I thought was best for my health. Little did I know, I was developing a severe eating disorder, although you wouldn't know it since everyone around me applauded my discipline and willpower. I find it ironic that I studied the very thing that I now try desperately to avoid thinking about. I cannot believe that I once thought my life's purpose was to exert control over you to maintain some arbitrary number on a scale, to eat as few calories as I possibly could, and to become smaller, in more ways than one. It makes me deeply sad thinking that I wanted to help others do the same. Develop an exhausting, chaotic, and toxic relationship with you in hopes to shrink their body. Letting go of the control I had was one of the hardest and scariest decisions I have ever made. Who would have thought that letting my body be would be the healthiest thing I could have done for myself? Yet I find myself grieving you and the toxic relationship we once had. But I want you to know it's not your fault. It never was. The way diet culture tries to lure me into its grasp with its messaging is so enticing. Messages like eat this guilt free, nobody likes a girl who can eat, or nothing tastes as good as skinny feels, or you need to earn your food, are the ingredients for a disordered relationship with you, but I have to confess something to you: I don't want to be enemies. In fact, I want to be lifelong companions, making new memories that someday I can reflect back on and think, oh, that was a good day! I may not have all the answers to our problems, but I promise I'm working on it, I'm not ready to give up on this relationship, no matter how complicated it is, because the truth is, I need you. Love, can we be friends?

Julie: So like I mentioned at the top of the show, this episode is a bit different. I'm really excited to share with you a conversation with Daph Levy. Before we jump to the conversation, I want to fill you in on Daph. Daph uses she/they pronouns, and is an anti diet eating disorder recovery mentor, fat activist, video media producer based in Boston, Massachusetts. She completed her

Bachelor of Science degree in dietetics, nutrition and food science at the University of Vermont, and her dietetic internship from Simmons University. As a person who identifies as queer, fat and Latina, Daph strives to offer a unique perspective on how to view health and well being. They bring forth their expertise in the area of size, diversity, and health with conviction and care to the individuals with whom they speak. Daph draws from their infinite curiosity and advocacy work to listen reflectively in order to best inform how they share her valuable knowledge from their educational background, clinical training, and lived experiences in their recovery from eating disorders on their Youtube channel and Instagram, “Daph Levy”. On the channel, they dive deep into topics including eating disorder recovery, navigating recovery while being an entrepreneur, media production, and more. Through their business, Double Vision Media, Daph offers remote video production, in person video production, per CDC guidelines of course, and one on one tech consulting to help body positive content creators produce impactful media. You can support Daph’s work by following their social media platforms, subscribing to her Youtube channel, and sharing their work with others. Those are all listed in the show notes for you. You can also work directly with Daph by visiting doublevision.media. Now that you know more about Daph, I am so excited to share this episode with you. Again, it's different, but I think it's really important. So let's go ahead and give Daph a call.

Julie: Hey Daph, how are you doing?

Daph: I'm good. How are you Julie?

Julie: Good. Are you ready to record?

Daph: I'm so ready. Thank you, thank you so much for having me on. It's such an honor.

Julie: Aw, what an honor for me to talk to you and to do this like, different way of talking about a letter. And I am curious, what was it like for you to write a letter to food?

Daph: You know, it was so interesting. I know you first introduced this idea of writing a letter long time ago, and I've always had it in the back of my mind. And as I kind of navigated my uh recovery and went to various levels of care for treatment for my eating disorder, this was um, this exercise kept coming up in various forms, but I've never written one like this, and it was really cathartic and also emotional, you know, I was able to reflect back on different parts of myself. Um specifically my younger self, I kept feeling like I was channeling her. And you know, I- I also felt like oh no, I need to include everything, but in reality it's just little snippets that I remember are probably the most um, impactful, that obviously still impact me today. So to answer your question, I think one word I would use to describe it is cathartic, but also it felt like I was grieving, I am grieving.

Julie: Yeah, so it's not something that was like past tense, it's something that you're actively doing- it sounds like it surprised you that it went back to childhood or to um, this small person and their relationship with food.

Daph: Absolutely, that actually is exactly how I felt. Surprised. Um, especially because there was a lot of, you know, things that happened that were quite traumatic. Like when I was younger, I

would say that's probably when I had a really difficult relationship with food and I didn't have the tools that I do now. So it was honestly more painful when I was younger, and when I was using more behaviors, but you know, it was also an amazing opportunity to just give myself the compassion that I really need.

Julie: Yeah, that- that person needs that compassion now too. And when you were, when you were like writing this and it surprised you that it connected to these things, you mentioned this grief. That's definitely a theme that I hear from a lot of people's, like, when I read through a letter, that's what I'm connecting with is like, this grief. Um this like, oh, this is so messy, why is it so messy? And- and blaming for the mess, when, as you described in your letter, like how this was something that was unfolded and taught to you, that's not your fault.

Daph: Right.

Julie: Um and- and all the choices you made because of those false truths, um, would you be willing to share a little bit more about the grief that you're describing?

Daph: Totally, yeah. Absolutely. I think, so I still identify as a person in recovery for my eating disorder. So that's why this process feels so ongoing. Um, and it also helps me honor the fact that we are always growing, you know? And that I am allowed to change my mind. My relationship with food is allowed to change. Um, I actually learned a lot of this from you and listening to episodes of the podcast and just following my favorite anti diet dietitians of this piece of unconditional permission. It kind of opened the door to so many other things, including this grieving process. And so this grieving process really represents a lot of different things. Not only my relationship with food as it morphed into different things throughout my life, but also different parts of myself. You know, when I was younger, I- I feel as though my eating disorder just completely robbed me of my childhood in a sense that, you know, I now identify as queer. And I now feel very, like a lot more connected to myself and to my body, whereas when I was younger it was really, it was using food to kind of, I don't know how to, please correct me, but like, I used it to scapegoat? I'm not quite sure how to use it, but how do I say it?

Julie: I don't know, that- that sounds fine! Well tell me what you mean, tell me what more about that, if that, if it's sounding clunky.

Daph: It's sounding clunky.

Julie: So I think, I think, I think um, I don't know, that's what I always think of when I'm like, what is the word? But when you're saying that, like what do you, it's not like it had a purpose, like food had a purpose and um, it was trying to help um, smooth over or make something easier or disconnected maybe, even?

Daph: That's exactly right.

Julie: Okay.

Daph: It did all of those things, so food for me had so many different purposes. Um, it was arguably the only tool that I really had that was a constant in my life. Um, so the grief is really around, you know, the relationship I had with myself, but also just the opportunities that I missed out on as a child. Moments of connection that I wish I had as I think back on my childhood. I just, I can so vividly remember how I felt um, and what I ate. If I look at a picture of myself, I can tell you exactly what I ate and how I felt in my body that day, and probably even the weight that I was at because it was, those were all behaviors that I used to kind of dictate my worth, but also, you know, my life's purpose at the time was kind of to shrink my body. So yeah, I would say I definitely am grieving parts of myself, specifically the younger part. So this was a really awesome opportunity, although painful at times to even think about, it was, it is a really, it really helped me frame this, my relationship with food as another way to give back to my younger self.

Julie: Mm, tell me more about that.

Daph: Yeah, so, you know, now that I have the tools that I have after having gone through so much eating disorder treatment and also the education to become a registered dietitian, I feel as though I need to spend time listening to those negative thoughts and really sitting in those. I really want to spend time sitting with the pain that I had experienced, because I know now that I can handle it. And back then I, you know, I know that I did the best with the tools that I had. And now I have more tools, and I just want to be able to show up for myself in a way where no matter what, I just want to know that I will get through something. And so I feel a really big piece of that is going back and sitting with my younger self, as she had really, she experienced a lot of pain and a lot of suffering and used food or the manipulation of restriction of food as a way to channel all of those feelings, and I want to give her space to express that.

Julie: Yeah. When you're describing this too, and I, you were mentioning about like, being able to sit with that pain, and I'm thinking about like future Daph, and I wonder if future Daph is, believes that they can also survive that future pain, you know? And knowing that you've gone through what you've described and you found tools to do it, I don't know, I guess I think I'm being a little Pollyannaesque, but I'm like, I know you can get through what comes in the future too because you have gotten through all these things you describe. And something else that you mentioned that I think is a really, um, it's why the letter to food to me has always been so important in the work that I've done with other people on their food peace journey, is that how we have related to food um, in the past, right now, as we look forward, it really is this like mirror into like how we relate to ourselves.

Julie: Totally.

Daph: And it's like, writing it out, it helps to like, really appreciate how complicated it is and how beautiful and how would you find what we need in order to survive. And yeah, so there's- there's so much of that richness in your letter when I was reading it, how um, and also, I connected with some sadness of like, while the tools that she was taught to harm herself were also the tools that helped her survive that trauma? Which is kind of like this, like, ah.

Daph: It's complicated, I mean that's what I mean by it's complicated, and I think that it sounds like that was the whole point of writing the letter is being able to sit in those, in the nuance of it

all, right? So I totally agree with you that it's, for me, as somebody, I identify as someone who is really self aware. I always have been. But even now, just having gone through what I've gone through in terms of treatment and just intentionally slowing down, I think that for others this is such a unique way to, like you said, connect with other parts of themselves, because we all have a relationship with food. And it's really, it could really be the key that allows somebody to access all these other parts of themselves, namely emotions that they haven't felt in years. So that's kind of what it represented for me for sure.

Julie: Yeah. You know, you were mentioning parts of your story and I know my podcast doesn't have enough time to go through all of it, but you did an amazing interview with Christy Harrison on Food Psych. So we'll put a link that in the show notes. Oh my gosh, that, I will admit, it was a little misty eyed in my house because I was like, ah, but also like, you have um, you connects so many dots for your life that I know other people find really familiar in their own life. So, uh, and I appreciated the emotional labor that went into that interview. So thank you.

Daph: Thank you. That's so generous of you. I mean, is there anything, you know, is there any part that you can think of right now that was, that you- that you took away that you'd like me to touch on?

Julie: I think um again, because of your, your awareness and your um, ability to like, communicate that awareness, you know, so that's something I know for me, I stumble on like, I feel really self aware, but I don't have words to express it and um, listening to your interview, I found it to be, I could follow along, you know? And-

Daph: Wow, that's interesting that you say that because it felt so clunky and chaotic. So thank you.

Julie: I didn't feel that way. And I also, you know, we need to give Christy Harrison some high fives because-

Daph: Right.

Julie: -she's also an amazing interviewer and journalist, but um, and um, you know, something that I would encourage anybody who is struggling to reject diet culture, maybe you've like named it um, but also it feels so scary to move away from it, to listen to your experience and your story and the things that you've sought out because like, you kind of mentioned here a little bit, but you know, you trained to become a dietitian.

Daph: Right.

Julie: You like did all the like, all the hard shit to become a dietitian, and most people don't know even what we have to do, but like, it's a rigorous undergrad and then we have to go through this like, matching process and over half the people don't even get matched anywhere, and then you do a year of like free hard labor.

Daph: And go into debt doing that.

Julie: And go into debt doing it! [Laughs] I forgot about that part. Um yeah, and um, you know, part of what led you to it, from what I've gathered from that interview and this letter is like, because you were given these false truths. You worked so hard to get through all those hoops and then to come to this place of like oh, these things harmed me. And that's why I think anyone who can relate to having this kind of complicated relationship with food and having a hard time with rejecting diet culture because of the body they live in, and how fucking oppressive diet culture is, to listen to that, but I don't know for anyone in that place, do you have any words of wisdom or even just like-

Daph: Totally.

Julie: Um, words of support for them.

Daph: Yeah, there's two things that come to mind. Um and I'll try and remember them. So let me just list them, so we can-

Julie: You do what you need to do.

Daph: Yeah. So the first is, is you know, to those of you listening right now, and first of all, thank you for listening to my letter and my story um, for those of you who can relate to parts of it or all of it. I want you to know that I see you, you know, I see the pain that you're in and it's so real, it's so valid. And I know that at times this process can feel so unbearable. I know that sitting in it is so uncomfortable, but I also need you to know that you are so not alone. This is a really common experience and something that I wish I would have done. But I don't say that in a judgmental way to my younger self, but in a way I hope that I can empower you to honor the pain that you're in. Let yourself ride the waves of those emotions. I promise you they will pass. As I'm learning about the function of emotions, you know, the more you push them away, unfortunately they will come back kind of more like tidal waves. But um I, I think that if you are able to find the courage within yourself to just sit with yourself and experience the pain as it is and try to not attach to it and not judge it, I promise you'll find a lot of information that will help you later on in your life. Um, that's one piece. The other piece that I think that I really want to highlight is the process of becoming- the process of studying to be a dietitian and going through the rigorous training very much rep- is very representative to the idea, to diet culture. Um, the sense of false hope is exactly- I'm alluding to that piece of you know, I'm told that if I lose weight then I will be happy, then I will find a boyfriend, then I will, um...everything else will fall into place. Those are all messages I received when I was younger. Similarly, I'm told that if I'm a dietitian people will listen to me, people can trust me. I, I am more worthy. Um, these are things that I told myself as a result of internalizing all of the things around me. But I wish I would have honored the fact that I felt like I didn't fit in, and there's a reason for that. And I don't know how this is going to land, but it almost just feels like the field wasn't meant for people like me. So, there is a little bit of resentment that I'm working through, and yeah, I mean, so it's just interesting. I kind of want to name that the process of becoming a dietitian very much resembles the process of dieting for me.

Julie: Yeah, well that makes sense. And you know, the, the, like I want to call it the truth that I want to name is that having you and other people with similar lived experiences in the dietetics profession is the thing that's going to make it better-

Daph: I know.

Julie: -and stronger and I don't know, just like more representative and help more people. Like it's just going to make it so much more fucking fantastic.

Daph: [Laughs] Thank you. Yeah.

Julie: And you know, like for sure that- it does everything, “it” being the field of dietetics, has done everything to keep it, you know, white, cis, thin.

Daph: And just inaccessible, especially with these new-

Julie: Inaccessible.

Daph: That's like the main thing that comes to mind. And that's something that, you know, as I sit here. You know, I'm- I always say I'm basically a dietitian, although I actually, you know, I didn't pass that exam, but I no longer feel resentment or anger towards myself. It's almost like, I- I don't know, I don't want to get into this because we only a few minutes. [Laughs] But what am I trying to say? That I'm not closing any doors, just like, just like I'm trying to teach- just like I was trying to teach my younger self. I'm trying to lay all my cards on the table and let it be okay.

Julie: Yeah. Without going down that binary, not, not like making it an all or nothing kind of decision.

Daph: Exactly. I mean, it goes against every ounce of my being, every neural pathway that is become my default. But I mean, that's ultimately where I find relief. And that's ultimately, I mean, that's what helped me come out as non binary. Um, and queer and fat. So that courage, or at least willingness, when, even though I didn't feel strong, but the willingness to just be is really, it's what- it's what gets me through difficult moments.

Julie: Yeah. And I hope dietetics becomes more accessible. So you feel safe in it. To do that.

Daph: Thank you. Yeah. And like I said, I'm not closing any doors. You know, I think that I want listeners who are listening to know that it's okay to change your mind. It's okay to take a break. It's okay to leave your career. It's okay to come back to the career. You know, it's okay to explore different parts of yourself. Um, that's the one thing that I want people to know.

Julie: Yeah. Oh, that's so amazing. There's- there's a number of people who are dietitians in training who listen to this podcast or new dietitians that I think will really appreciate that. And I, you know, there's also like other helping professionals in training that listen. So I have a feeling they're going to relate to. But you know, one thing before we-

Daph: Wait, one thing before-

Julie: You go ahead, you do your one before then I'll do my one before.

Daph: [Laughs] Oh no no, I'm sorry to the editor. Sorry. Okay, one last piece that I wanted to mention is that if you are somebody who is training to be a dietitian and you are someone who struggles with the relationship to food, trust me when I say that I get it and I see you and I want to give you the permission that you might feel like you don't have or just feel like you can't do for yourself. I want to give you the permission to pause, slow down, and take care of yourself, because all of your future clients are gonna be there, you will be a better dietitian for it if you do that. That is something that I wish I would have honored before.

Julie: Thinking about a lifetime of work, you know, that's- rushing to check off the box is, I appreciate how it's keeping so many people from accessing healing or the space that they need to -to not have to be like hustling, and that came out of kind of space that comes with it. So um, well what I wanted to ask you, because before we push record, one of the things that we talked about was, you know, being able to go back in time and to talk to that little girl and- and we, I think we may have mentioned some of the things that you were thinking about, but were there, is there anything that we haven't said yet today that you would like to go back and tell that little girl um, if you could go back in time?

Daph: Yeah, I mean, the one thing that comes to mind right now is...okay, well one thing is like, you're not crazy. Um, the pain you felt was real and it was hard. And so what I'm, so one word that I would use, one thing that I want to give to younger Daph and to those of you listening today are, is validation, validation of your experience, and just unconditional love and acceptance and just no judgment. Absolutely no judgment. And yeah, that's what it would be.

Julie: Mm. That's awesome. Yeah. Ah, well, we need to wrap it up unfortunately.

Daph: I know, I know.

Julie: This is too short of a podcast to dive in. But listener, if you're wanting to know more about what Daph is talking about or to hear more about that story, definitely check out the interview with Christy Harrison on Food Psych, and if someone wants to find more about you outside of that interview or like wants to work with you, how can they, how can they connect?

Daph: Yeah, thank you. So if you'd like to kind of find out more of my story, of course, go ahead and listen to my episode with Christy, but I also have a Youtube channel where I share parts of my story um, of my eating disorder recovery, and I'm also hoping to explore other parts of myself as I am a young entrepreneur um, you know, I own a media production company where I want to help people amplify their brand and use online video to make their knowledge and expertise more accessible. So if you wanted to work with me right now in the present moment, it would be to create media. doublevision.media is the, is my website as well as my Instagram handle, and my Youtube channel is just my name, Daph Levy, and my personal instagram is also @daphlevy. So you can find all those different parts of me.

Julie: Awesome, thank you so much, I really appreciate you sharing this part of yourself and um, you know, hearing how, you know, wanting to reach back and help, uh younger Daph to be able to be seen and heard and believed and validated. Um, just know that you've done that for someone else listening. So thank you.

Daph: My pleasure, thank you all for listening.

Julie: So there you have it. I hope you enjoyed my conversation with Daph Levy, and if you want to find out more about their work, do check out their Instagram and Youtube channel. I have access to all the links in the show notes. So it's just easy, you can just click right there, and I appreciate, Daph, all your insight. We have one more opportunity to hear from Daph in just a second, because Daph wrote their own letter from food, and they also recorded themselves reading it, which is just so lovely. But before we get to hear that letter...

Julie (ad break): This episode of the Love Food podcast was brought to you by my PCOS and Food Peace course. You can get to all the details at pcosandfoodpeace.com.

Julie: If you enjoyed this episode of the Love Food podcast, I would love it so much if you left a rating, a review, subscribed, and or shared an episode. Doing any of those acts of kindness really does help the show grow. I read each and every review. So thank you in advance for putting a review in there or sharing an episode or any of those other things. Again, it really helps the show grow and helps more people find it. So thank you in advance.

Julie: All right, enough of all that. We are ready to hear from Daph one more time, but until next time, take care.

Daph (as Food): Dear Daph, I'm sorry for the pain I've caused you, directly or indirectly. It was never my intention to be a source of or contribute to your anxiety, low mood, and lack of confidence growing up. I need you to know this. I showed up in the best way I knew how, and adapted to all of the messages I was receiving from you, your family, and society. I need you to know this: I showed up in the best way I knew how, and adapted to all of the messages I was receiving from you, your family and society. It was painful at times to hear some of the comments that were said about me. It made me feel like I was too much and not enough at the same time. After a while, I admittedly lost hope for our relationship, especially when you neglected me for hours on end every single day. But I forgive you. I also want to acknowledge all over the work you've done on repairing our relationship since you started your recovery. I want to thank you from the bottom of my heart. I know it's not easy. Thank you for not giving up on me, even when I frustrated the shit out of you, or when I've caused you physical and emotional pain. The amount of resilience in respect you have shown is truly inspiring. I hope that someday our relationship can be a source of comfort, nourishment, and peace for you. I know we have a long way to go, and I'm still learning how to show up for you, like a supportive best friend would. I know lately we have been more neutral and at times apathetic towards each other. That's okay. I know this is a process, and all that I ask from you is to continue to show up, no matter how hard it can be. And I promise to do the same for you. I want you to know that I'm not going anywhere. I'll always be here for you, because the truth is, I need you too. Love, food.

Julie: Thank you for listening. I am Julie Duffy Dillon, and this is the Love Food podcast. Do you want access to more food peace? Jump on over to my website and join my email list there. I share exclusive content that I don't share anywhere else. Get access to these tips and strategies by going to juliedillonrd.com/signup. And I look forward to seeing you here next week for another episode of the Love Food podcast. Take care.