



Relationship Emotional Eating VS. a Healthy with Food: What Israelite Women Need to Know

Food is powerful. It's memory, culture, comfort, and connection. For Israelite women especially, food has historically been more than just fuel. It has been a way to survive, celebrate, heal, and even cope with stress. But in a world where we juggle so much—family, work, spiritual life, expectations, and emotional load—it's easy for food to become more than nourishment.

That's where the line between emotional eating and a healthy relationship with food gets blurred.

This article breaks down what emotional eating is; how it affects us as Black women, and how we can build a healthier, spiritually aligned, and healing relationship with our food.

What Is Emotional Eating?

Emotional eating happens when we eat, not because our stomach is hungry, but because our emotions are. It's reaching for snacks when we're stressed, sweets when we're lonely, or comfort meals when we're frustrated—even if we're physically full.

Studies show that 38% of adults say they have overeaten or eaten unhealthy foods because of stress. Most importantly, Israelite women report some of the highest stress levels over other racial groups. When stress is constant, emotional eating can easily become a cycle: *A hard moment → emotional eating → temporary relief → guilt → repeat.*

This scripture reminds us of the importance of staying mindful even with food:
Sirach 37:29 *“Be not unsatiable in any dainty thing, nor too greedy upon meats.”*

Food is a blessing — but not meant to be misused as a coping mechanism.

What Does a Healthy Relationship with Food Look Like?

Technically, a *‘healthy relationship’* with food doesn't mean dieting, restriction, or perfection. It means understanding food's purpose, and listening to the body the Most High gave you.



A healthy relationship with food looks like:

- Eating when your body is physically hungry
- Enjoying food without guilt by eating the right foods
- Recognizing fullness and stopping when satisfied
- Using food as fuel, not emotional relief
- Making intentional choices, not from impulse or stress

This scripture reminds us why we must always remember to discipline our eating:

1 Corinthians 6:19–20: “...your body is the temple of the Holy Ghost...therefore glorify God in your body...”

Nourishing your temple is an act of obedience and self-love.

Why Emotional Eating Hits Israelite Women So Hard

We often carry unique emotional and cultural burdens:

- Higher levels of chronic stress
- Pressure to be “strong” for everyone
- Caretaking responsibilities
- Medical bias and health disparities
- Emotional suppression due to cultural expectations
- Less time for self-care

Food becomes the quickest comfort that many of us were never taught to seek elsewhere.

But emotional eating doesn’t solve the root issue—it only numbs it temporarily.

How to Overcome Emotional Eating (Step-by-Step)

Breaking the cycle requires prayer, fasting, seeking counsel, and having self-awareness.

Here are practical steps to help:

1. Pause Before Eating

Ask yourself: “*Am I physically hungry, or emotionally triggered?*” This single pause can interrupt the cycle and help you make a conscious choice.



2. Identify Your Emotional Triggers

Keep a simple note on your phone or journal to self-reflect:

- *What happened before I ate?*
- *What emotion was I feeling?*
- *What did I need at that moment?*

When you understand the trigger, you can address the real need.

3. Replace the Habit with Healthier Coping Tools

Instead of eating emotionally, try:

- Deep breathing
- A 5–10-minute walk
- Praying and/or reading the scriptures
- Calling a sister
- Journaling
- Resting instead of snacking

These shifts help you process emotions instead of avoiding them.

4. Eat Balanced, Consistent Meals

Skipping meals or eating mostly sugar and carbs triggers cravings and binge eating.

Focus on eating:

- Lean protein
- Healthy fats
- Fiber
- Whole foods
- Vegetables and fruits

Balanced meals stabilize blood sugar and reduce emotional cravings.

5. The Most High & Your Eating Habits

Pray for discipline and mindfulness.

Meditate on this scripture for clear encouragement:

Sirach 18:30: *“Go not after thy lusts, but refrain thyself from thine appetites.”*

Spiritual discipline strengthens physical discipline.



6. Practice Self-Compassion

If you slip up, don't let guilt push you deeper into emotional eating. Acknowledge the moment, regroup, and move forward. Healing takes time.

Healing Your Eating Habits

Overcoming emotional eating isn't just about weight or physical health. It's about peace. It's about learning to process emotions rather than hiding them. It's about honoring your body and caring for your temple. It's about breaking generational habits with wisdom and intention.

Psalm 34:8: *"O taste and see that the LORD is good: blessed is the man that trusteth in him."*

Real comfort, real healing, real satisfaction—these come from the Most High, not from food.

When you learn to nourish your body instead of feeding your emotions, you reclaim your power, your health, and your peace.

Final Thoughts

Sis, food is a blessing, not a burden. It's a tool, not a therapist. We deserve a relationship with food that feels balanced, joyful, aligned with intention and wisdom. Take it one step at a time. Honor your temple. Honor The Most High. And remember: ***progress is still progress.***

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