



EVALUATING EATING HABITS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Evaluating and Improving Eating Habits

The best tool for evaluating eating habits is keeping a food record for at least one week. Write down everything consumed, review the results, and determine what changes need to be made.

Take a look at ‘Programmed Behavior’ patterns. How much food is consumed per meal? Where are meals consumed? Does the phrase ‘Clean your plate’ affect eating behavior? How much sugar from juice and/or other beverages? How much water?

Slow and Steady Wins the Race. Plan to change only 1 or 2 eating or behavior changes at a time. Keep track of your goals. Use the palm of the hand as a guide to help decrease overall portion sizes. Include 2-3 palm-sized portions of veggies; only one serving of all other foods. Drink a glass of water before going back for ‘seconds’. Thirst is often mistaken for hunger.