



# IMPROVING 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)

## Improving Your Eating Habits:

- When it comes to eating, we have strong habits. Some are good and some are not so good.

- Requires a thoughtful approach in which you Reflect, Replace, and Reinforce.

**REFLECT** on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.

**REPLACE** your unhealthy eating habits with healthier ones.

**REINFORCE** your new, healthier eating habits.

A process for improving your eating habit's

Create a list of your eating habits and then identify good and bad habits.

Create a list of “cues”.

Reinforce your new, healthy habits and be patient with yourself.

## Managing craving and surviving restaurants

- How to handle cravings.

- Eat smaller meals; “Am I really feeling hungry or did I substitute hunger for some other feeling like boredom or anxiety?”; Distract yourself.; Remind yourself the urge is only temporary.

- How do I survive a restaurant?

- Snack before you go, choose where you eat carefully; Good choices (ex: choose water over sugary drink, one or two appetizers as your meal, skip dessert or share); Avoid buffets

## Best Practices

Portion Control, label reading, avoid sugars and foods that are fried, sautéed or breaded. Drink Water. Educate yourself.