



IMPROVING EATING HABITS

TASK: Learn how to improve your eating habits and the benefits of eating healthier.

CONDITIONS: Discussion - Question Based

STANDARDS: Understand benefits of healthier eating habits.

REFERENCE(S): Academy of Nutrition and Dietetics



IMPROVING EATING HABITS

Improving Your Eating Habits.

(DISCUSSION) Ask the Soldiers for ideas on how to improve their eating habits.

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



IMPROVING EATING HABITS

A process for improving your eating habits.

(DISCUSSION) Ask Soldiers for ideas on ways to improve their eating habits.

1. Create a list of your eating habits.
2. Highlight the habits- ex: always cleaning your plate or eating when not hungry.
3. Look at the unhealthy eating habits.
4. Create a list of "cues"- ex: sitting at home watching TV. or seeing a plate of doughnuts at morning meetings.
5. Circle the "cues" on your list that you face on a daily or weekly basis.
6. Ask yourself -*For things I can't avoid, can I do something differently that would be healthier?
7. Replace unhealthy habits with new, healthy ones.
8. Reinforce your new, healthy habits and be patient with yourself.



IMPROVING EATING HABITS

Managing craving and surviving restaurants.

(DISCUSSION) Ask the soldiers how they do this.

- 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.



IMPROVING EATING HABITS

Best Eating practices.

(DISCUSSION) Putting it all together.

- Educate yourself on the foods you eat and the beverages you drink.
- Choose boiled, baked, steamed and poached over fried, sautéed and breaded.
- Read labels. Stay away from items where sugar is the first or second ingredient.
- Portion control.
- Be cautious about “sports drinks.”
- Drink an 8oz glass of water at the beginning of each meal.
- Clean your house of all or most junk food and restock with healthier snacks.