

Healthy Eating Strategies

Emotional Strategies

- Positive Self Talk
 - Write down and memorize some scripts for when you're faced with a food temptation:
 - Why are you worth it?
 - What obstacles have you already overcome?
- Avoid Decision Fatigue
 - If you've had a demanding day, you are emotionally exhausted and it can be tricky to make healthy food decisions... have a meal plan, have veggies cut up in the fridge, don't have tempting treats readily accessible. Planning ahead can be the antidote to decision fatigue.
- Nurture VS. Nourish
 - How can you reward yourself without food?
 - How can you console yourself without food?

Spiritual Strategies

- Meditation
 - Remind yourself what you are grateful for.
 - Remind yourself that you are worth it, worth the effort of changing your dietary lifestyle.
- Pause, breathe and be mindful
- Prayer

Physical Strategies

- Size Matters
 - Choose lunch or salad plates instead of dinner plates
 - Use smaller forks and spoons
 - Buy economy-sized packaging but transfer to smaller serving containers
- (Don't) Eat with Your Eyes
 - When possible, eat foods with "evidence" (don't hull strawberries before serving)
 - Place cut up veggies, hard boiled eggs etc. at eye level in fridge.
 - Keep trigger foods in hard-to-reach cupboard above the fridge or in basement freezer
 - At dinner time, keep the salad bowl on table, leave the rest of dishes on the counter

- Distract Yourself
 - How can you physically remove yourself from tempting situations?
 - How can you occupy your hands & mouth when you're used to snacking?
- Hungry? Or Thirsty?
 - Keep a 2-litre water pitcher on counter and challenge yourself to finish it by end of day.
 - Have a dedicated water bottle that travels with you.
 - Try adding lemon, cucumber, mint leaves, frozen berries to your water glass.
- Kitchen Clean Out
 - De-clutter your fridge door, then put a pic/quote/stop sign on it to cause you pause before opening it up to look for something to eat.
 - Organize the inside of your fridge and kitchen cupboards so the healthier choices are more accessible.
- Create a Fresh Mouth Feel
 - Brush your teeth after meals.
 - Floss
 - What foods can you eat last that will not leave you craving more?

Problem Solving

What is your emotional eating problem? (Be accurate & specific)

What are some possible solutions to your problem?

Name two solutions you are willing to try this month.

1 _____

2 _____

Who is going to help hold you accountable and how will they support you?

Solution #1:

Solution #2:

Review: What did you do & what happened? (Include how many times you tried the solutions)

What next?

The solution worked → Continue with same solution

The solution(s) did not work → Modify and try again.

Go back to STEP 2

OR

Go back to STEP 1 and re-determine the **actual** problem or leave the problem for now and try to solve it again at a later time when you are more ready.

What is your story?

What is your message to yourself?

Having a self-talk “script” of your health journey and health goals can be a powerful tool when you find yourself in potential compromising food situations.

Remind yourself of your:

- personal health goals
- desire to do something in the future like attend a grandchild’s wedding
- desire to avoid a repeat of a past negative health experience like a hospital admission

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What are your one-liners?

What is your message to others?

What are some assertive “one-liners” you can say to friends/family/co-workers who may suggest it’s okay to cheat, give in, indulge with them?

You can be assertive, non-apologetic, AND kind.
