

Break Down Barriers to Healthy Eating



Too Many Diets

*Eating right is a lifestyle, not a diet.
Ask "What can I eat that would be a little better?"
Track and reward a client's consistency, not perfection.
Discuss attitudes about food and self-compassion.*

Afraid to Eat Carbs

*Carb-free diets cause quick weight loss but are difficult to sustain.
Eat one handful of healthy, whole, unprocessed carbs at each meal.*

Don't Know What to Eat

*List two processed foods and replace each one with a whole food.
Write and edit grocery shopping lists.
Add in just two servings of vegetables each day.
Transition away from juice and soda by replacing one per day with a glass of water.*

Need Wine to Unwind

*Discuss how many empty calories are in alcoholic drinks.
Swap out 1-2 drinks per week for a healthier way to unwind, such as a walk or hot tea.*

Not Enough Time

*Plan weekly meals.
Write a grocery shopping list based on the plan.
Prep meals and snacks on Sundays.*

Emotional Eating

*Name the feeling. Identify mood and negative emotions.
Take a five to ten minute timeout before eating because of emotions.
Substitute eating with a healthier coping strategy.*

Can't Say No to Cravings

*Make small changes to avoid giving in to cravings.
Read labels carefully for sugar content.
Limit added sugars and replace them with natural sugars, like fruit.*

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