

9 FOOD ENVIRONMENT TIPS FOR SUCCESS

How To Set Up Your Food Environment So That Winning Is The Only Option

1. If you can SEE it, REACH it, or SMELL it, you are more likely to eat it

- Make the calorie-dense, low-satiety foods harder to see, reach and eat.
- Package the calorie-dense, low-satiety foods in opaque containers.
- Make the nutrient-dense, high-satiety foods easier to see, reach and eat.
- Pre serve your plate & do not keep the serving bowls at the dining table.
- Take your intended serving out of the box or jar, put the box or jar away, and walk away before you start eating.

2. FOOD VARIETY increases food consumption

- Keep a wide variety of healthy foods you want to eat more of.
- Keep a small variety of unhealthy foods you want to eat less of.

3. Eat in a NON-DISTRACTED & calm setting

- Ideally seated, at a table, without a screen.

4. Create PHYSICAL DISTANCE from certain foods

- If you are prone to grazing, stop hanging out in the kitchen.
- At a party, socialize away from the food, rather than standing right next to it.

5. KNOW YOURSELF and your thresholds

- Make it HARDER to eat your trigger foods.
- Make it EASIER to eat your buffer foods.

6. Practice INTELLIGENT and REGULAR GROCERY SHOPPING

7. Eat at HOME MORE OFTEN and EAT OUT LESS

8. Slow down, CHEW YOUR FOOD & PUT DOWN YOUR FORK BETWEEN BITES

9. Use SMALLER FORKS, SPOONS, PLATES AND BOWLS

IN SUMMARY:

Foods that you should be eating MORE of need to be more visible, more convenient, more prevalent, and of greater variety in your environment.

Foods that you need to eat LESS of should be less visible, less convenient, less prevalent, and of lower variety (in some cases non-existent) in your environment.