

Transcript

Changing your eating habits takes time, and along the way there will be obstacles preventing you from eating as healthy as you'd like. You might face setbacks. Think about it. Most social events are based around food. You might eat too much. You might choose something less healthy than you would like.

What may be considered a treat for others might be an unwanted temptation for you. Maybe you feel that it's difficult to make healthy choices when you're on the road. It may feel as if the entire country is one, big, inescapable, unhealthy food court!

Remember, if an obstacle gets in your way and you do give into temptation, forgive yourself and resume your new healthier eating behaviors as soon as possible.

Start fresh by reminding yourself of your goals. Think of strategies you can use to overcome your barriers the next time you face them. For example, help yourself make healthy food choices by learning how to read nutrition information guides in restaurants or planning ahead to know what choices would be healthy for you.

"When I'm out at a restaurant, if I know ahead of time, I will sometimes go on the website and see what they have to offer, and see what the nutrition values are."

If you're often hungry between meals, pack some fruits or vegetables to keep with you, or keep some whole wheat crackers at hand.

"We are going to split a chicken fajita please with no sour cream."

If you find yourself faced with a portion that is too large, ask for a smaller one, or share it with a friend.

To help prevent you from overeating, step away from the table and go outside. You'll remove yourself from the obstacle, and get physical activity as an added bonus.

Your registered dietitian or healthcare provider can help you overcome the obstacles that sometimes prevent you from eating healthy. Together, you can find strategies to help you stay on track.