

Transcript

One way to help you succeed in making healthy choices in what you eat is making good choices about what foods you have around you. It's very hard to be around unhealthy foods and not eat them. You know what triggers you to eat unhealthy.

Let's look at some tips to help you avoid the temptation.

It may sound simple, but one of the best ways to succeed is to not buy foods that are unhealthy. If they aren't around you, at home or work, then you won't eat them. The temptation won't be within reach.

One way to do this is to plan out meals for the week before you go to the store so you have dinners planned and aren't tempted later to order or pick up a quick unhealthy meal. You can also make some healthy meals on the weekend for use during the week.

"A lot of what I like to do is meal planning. And being that we all have busy lives, I'll take one day, generally to do that, and usually it's a Sunday, and meal plan for half of the week, or for the whole week."

You could also set up a crockpot to cook while you are at work and be ready for when you get home. These tips can help you eat healthy and on time after work.

Many times we snack on chips, pretzels or cookies because they are quick, easy, and available. We also tend to crave salty or sweet foods when we are stressed, and tend to overeat them as well.

You can keep a basket of fruit out on the kitchen counter, or you could have a veggie tray or precut vegetables in the fridge. Having quick, easy, and healthy snacks ready to eat can help you to make the smart choice.

This may work at home, but what about at work? Many work places make it tough to eat healthy. People bring in snacks, breakfast, desserts, and even crock pots full of comfort foods to share. That isn't even taking into account birthday parties or other celebrations at work.

One way to succeed is to bring healthy lunches from home. This way you can preplan what you will have, reduce the temptation of a quick and easy fast food meal, and also save some money. Eating lunch out can add up. You could save that money for something you'd enjoy.

If you know you get hungry between meals, keep healthy snacks at work, like fruit, or a healthy oatmeal bar. Being prepared with healthy snacks within reach at work can help you to avoid the temptation of a candy bar or cookie.

Or your job may keep you in the car for long periods of time. Packing a bag of healthy snacks like apples or carrots can help you to avoid pulling into the fast food spot you see or overeating when you first get home from work.

“When I know I’m going to be away from the house for a while a day, or going to be in a busy working scenario, where I’m not going to be able to grab something to eat, I usually try to stick a granola bar or some kind of energy bar in my pocket.”

Making healthy choices about the foods you have around you, at home or work, is a great way to set you up to succeed in healthy eating.