

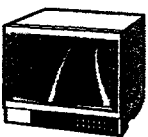


Session 8:

Take Charge of What's Around You.

What "cues" you (or makes you want) to eat?

- Hunger.
- What you're thinking or feeling.
- What other people say and do.
- Sight and smell of food.
- Certain activities that make you think about food, like watching TV or reading magazines.

Examples:

"Cue"	Makes you want to eat:
You see a carton of ice cream.	Ice cream.
You turn on the TV. 	Potato chips. 
You go to the movies.	Popcorn. 

When you respond to a food cue in the same way, over and over again, you build a **habit**.

How can you change problem food cues and habits?

1. **Stay away from the cue.** Or keep it out of sight.
2. **Build a new, healthier habit.**
Practice responding to the cue in a healthier way.
Add a new cue that helps you lead a healthier life.

Remember, it takes **time** to break an old habit or build a new one.

Common problem food cues

- At home: Living room: TV, computer, telephone, candy dishes.
Kitchen: Ready-to-eat foods (ice cream, cheese, cookies),
foods being cooked, leftovers.
Dining room: Serving dishes on table, large dinner plates,
leftovers on plates.
- At work: Bakery on the way to work, high-fat/calorie foods in public areas
(doughnuts, high-fat coffee creamers, candy), or in desk, vending
machines.

Remember:

1. **Keep high-fat/calorie foods out of your house and work place.**
Or keep them out of sight. *Out of sight is out of mind.*

**Keep lower-fat/calorie choices easy to reach, in sight,
and ready to eat.**

Examples: Fresh fruits, raw vegetables (already washed and prepared),
nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-
free Jell-O, sugar-free popsicles.

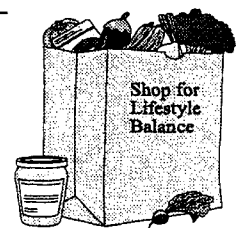


2. **Limit your eating to one place.**
3. **When you eat, limit other activities.**

Where you shop: _____

Shopping tips

- Make a shopping list ahead of time. Stick to the list!
- Don't go shopping when you're hungry.
- Avoid sections in the store that are tempting to you, if possible.
- Ask the grocery store manager to order low-fat/calorie foods you want.
- Only use food coupons for low-fat/calorie foods, not for high-fat foods.



Activity Cues

1. Add positive activity cues to your life.

- Keep these in sight: Shoes, bag, mat, bike.
Calendar or graph.
Video and magazines.
Photos, posters.
Reminders.

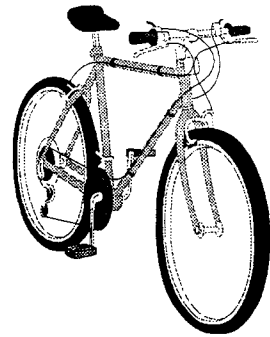


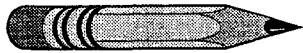
- Set up a regular "activity date" with a friend or family member.
- Set a timer or alarm on your watch to remind you to be active.
- Others: _____

2. Get rid of cues for being inactive.

- **Limit TV watching.** Or be active while you watch TV.
- Don't pile things at the bottom of the stairs. Climb the stairs each time something needs to be taken upstairs.
- Others: _____

You can make food and activity cues
work **FOR** you,
not against you.





To do next week:

I will:

- Get rid of one problem *food* cue.**

What problem food cue will you get rid of? _____

What will you need to do to get rid of it?

What problems might you have? What will you do to solve them?

- Add one positive cue for *being more active*.**

What activity cue will you add? _____

What will you need to do to add it?

What problems might you have? What will you do to solve them?

- Keep track of my weight, eating, and activity.
Do my best to reach my goals.**

- Before the next meeting, answer these questions:**

Did you follow your plan? ___Yes ___No ___Almost
What problems did you have?

What could you do differently next week?

