

Tools to Help Facilitate Change

Changing a behavior as fundamental as eating or exercising is not easy. Remember, change is not all discipline and will-power. You need to use your body chemistry to help facilitate change and make it permanent. Stay away from foods that cause you to crave food (sugar, sweeteners, and other processed carbohydrates) and focus on those foods that help control your mood, hunger, and cravings (lean protein and good fats).

Nobody is perfect. We all have our weak times. You may find yourself in front of the refrigerator or about to buy a candy bar or a cookie. Plan a variety of hurdles ahead of time, to help you during these rough times.

A hurdle is something you must do before you can eat something you are not supposed to eat.

Examples:

- Walk around the block
- Wash the dishes
- Play a game of solitaire
- Work on a crossword puzzle
- Work in the yard
- Clean out a dresser drawer or your office in-box

If you still want to eat the wrong food at the wrong time, choose from the following healthy, satisfying snacks:

- A handful of raw nuts
- A grilled chicken breast dipped in mustard
- Raw vegetable sticks with a non-fat yogurt dip
- 2-3 hard boiled eggs
- 3 or 4 slices of roast turkey
- ¼ avocado
- A protein bar