DSU Half-Ton Weight Loss Challenge – Week 8
This Week’s Goal: Create a Supportive Eating Environment

The mere sight of food can trigger our desire to eat. If you’re trying to cut down on candy, does it make sense to keep a bowl of it on your desk? To tempt you every time you look at it? Definitely not. There are several ways to support your healthy eating goals by changing your surroundings.

Try using these tips to create a supportive eating environment:

❖ **Avoid bringing high-calorie foods into the house.** In the supermarket, slick displays and sales are designed to entice you to purchase items that you may not have planned to buy. The savings you get from a “Buy 1 gallon of ice cream, get 1 free” promotion is truly not a savings if having it around in quantity prompts you to over consume ice cream and gain weight.

❖ **Shop for success.** Take the time to make a shopping list, and stick to it! There are over 30,000 items on the grocery shelves – it’s easy to get sidetracked. Steer clear of temptation and bypass the cookie and candy aisles. Also, don’t feel compelled to buy things “for the kids” – most children would benefit from the presence of healthier food choices.

❖ **Store high-calorie foods out of sight.** Out of sight, out of mouth. Trying to limit ice cream? Instead of keeping it front row and center in the freezer, where you’ll see it every time you open the freezer, place it behind other items. Or stick it in a paper bag. To make it even less accessible, keep it in that extra freezer in the garage.

❖ **Showcase healthier foods.** Is one of your goals to eat more fruits and vegetables? If so, don’t “hide” them in the drawer in the fridge – place them in a bowl on the counter, as a reminder to eat more produce. Stock your refrigerator with healthy low-calorie snacks such as fruits, vegetables, and yogurt. If you’re hungry for a snack, and these healthier choices are available, you’re less likely to take a diet detour.

❖ **Use reminders for planned activity.** If you plan to take a walk after dinner daily, try placing your sneakers by the front door. This will be an added reminder to lace up and get outside. Or place a post-it note on your computer reminding you of your “appointment” to hit the gym.

Your Goal: “Spring Clean” your food cabinets, refrigerator, and freezer. Make your surroundings supportive of your healthy eating goals.

Get Moving Tip – Skip the temptations of food advertisements when you’re watching tv and get up and do some jumping jacks or walk in place until your show comes back on.