



## GOAL 6

Pay close attention to your difficult situations. Write them down with possible solutions.



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## GOAL COUPON 6: MANAGE DIFFICULT FOOD SITUATIONS

**If you know** you will encounter a difficult food situation, plan ahead. Visualize what you want to do in this situation and practice the visualization several times during the day. Believe you can accomplish your visualization. You'll be prepared the next time you encounter this situation.

**Do you overeat** at social events? Place small amounts of your chosen foods on a small plate, visit the food table once, then stay away from the area of the room with the food. Visualize what behaviors you want to do.

**Include breakfast** in your daily routine. Studies show that breakfast helps in weight management, possibly because breakfast eaters choose healthier foods rather than unhealthy vending machine snacks. Select a breakfast with protein - egg, milk, cheese, yogurt, tofu, or soymilk.

**Eat on a** fairly regular basis and don't allow yourself to get hungry. When you are hungry, you will have a tendency to overeat on higher calorie, easy-to-grab foods. **BEWARE** if you grocery shop on an empty stomach. That's when you purchase those easy-to-grab snack foods.

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