



SAY GOOD-BYE TO JUNK FOOD

It's become so easy to choose convenience junk food to eat --- it's just so convenient! In our fast-paced world --- we need some convenience in our lives, so, what do we expect? Plus, junk food is everywhere. Maybe it's the convenience of going through the drive-through window of a fast food restaurant because you're too tired to cook dinner or you don't have enough time between appointments. Or maybe it's the vending machine filled with chips, candy, and soda pop right by your office --- or at school, right by the entrance to the lunchroom. Or maybe it's a habit to reach for a bowl of ice cream every night while you're watching television.

These types of foods are one of the main reasons Americans are getting heavier each year. Check out the following ideas for giving up junk food, once and for all --- or at least limiting it to being an occasional treat instead of a regular daily staple in your diet.

- Don't buy junk food during your regular grocery shopping trip. If your children try to pressure you into buying it, don't take them to the grocery store with you.
- Write down your entire regular grocery list. Highlight the junk food items. If you think you can't go cold-turkey, cross out half of them. Then continue to delete one or two additional items each time you shop until you're junk-food free.
- Replace the usual junk food on your grocery list with healthy alternatives. Ask everyone in your household what healthy foods they like; you'll find some, even for the biggest junk food eater.
- Make healthy food in your house as easy to grab as chips and candy bars. Have containers of baby carrots, broccoli florets, pepper strips, cherry tomatoes, and other fresh veggies --- along with low fat dip or hummus --- in the refrigerator. Wash and cut-up fresh fruit and store in re-sealable containers too.
- Keep a "salad bar" in your refrigerator. Have re-sealable containers of mixed greens. Keep salad toppings, like trail mix, other nuts, seeds, and croutons in handy containers in the cupboard. Buy shredded low fat cheeses, diced turkey or chicken. Add the fresh veggies you already have available for a complete salad bar meal anytime.
- Cook two or three double batches of food on the weekends or on a designated evening each week. Freeze or refrigerate the meals so they're ready to heat and eat. Coming home and pulling out a ready-made dish can actually be faster and cheaper than going through the drive-through window at the fast food place.
- Keep a mini-cooler loaded with healthy snacks and beverages in your car. This prevents needing to stop for fast food.
- Don't have spare change with you if you have junk food vending machines too close-by. Empty your purse and pockets each night into a jar at home; and then buy something special for yourself or deposit it into your savings at the end of the month.

For more information, contact us:

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