

I RESIST JUNK FOOD

I enjoy eating healthy. I cook for my family and myself. Preparing food at home gives me more control over what we put in our bodies. I cut down on sugar, salt, and unhealthy fats. I find recipes that taste delicious and fit the time I have available.

I carry my own snacks. I like my treats better than the candy bars and chips in my office vending machines.

I pause before indulging. I ask myself if a donut is really worth the calories. The impulse often passes if I wait a few minutes.

I avoid emotional eating. I manage stress by taking a walk or talking things over with a friend. I celebrate special occasions without stuffing myself.

I think critically about advertising. I make my own decisions instead of ordering pizza because I see a commercial on TV.

I sleep well. Junk food is less tempting when I feel well rested.

I shop wisely. I avoid going to the grocery store on an empty stomach. I spend most of my time browsing the outer aisles so I can pick up vegetables and yogurt without looking at candy and frozen dinners.

I eat before I get too hungry. I have more willpower when I feel full.

Today, I fill up on delicious whole foods instead of empty calories. A healthy diet gives me energy and helps me to lead a long and happy life.

REFLECTION QUESTIONS

1

How can I prepare healthy snacks and meals to avoid junk food cravings?

2

What strategies can I use to manage stress without turning to food?

3

How does eating healthy foods impact my energy levels and overall well-being?