

# Session 7 or 8:

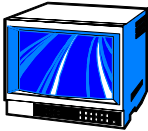
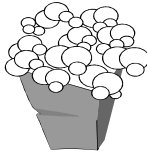
## Take Charge of What's Around You.

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### What "cues" you (or makes you want) to eat?

- ❖ Hunger.
- ❖ What you're thinking or feeling.
- ❖ What other people say and do.
- ❖ Sight and smell of food.
- ❖ Certain activities that make you think about food, like watching TV or reading magazines.

*Examples:*

“Cue”	Makes you want to eat:
You see a carton of ice cream.	Ice cream.
You turn on the TV. 	Potato chips. 
You go to the movies.	Popcorn.

When you respond to a food cue in the same way, over and over again, you build a **habit**.

### How can you change problem food cues and habits?

1. **Stay away from the cue.** Or keep it out of sight.
2. **Build a new, healthier habit.**  
Practice responding to the cue in a healthier way.  
Add a new cue that helps you lead a healthier life.

Remember, it takes **time** to break an old habit or build a new one.

## Common problem food cues

- At home: Living room: TV, computer, telephone, candy dishes.  
Kitchen: Ready-to-eat foods (ice cream, cheese, cookies),  
foods being cooked, leftovers.  
Dining room: Serving dishes on table, large dinner plates,  
leftovers on plates.
- At work: Bakery on the way to work, high-fat/calorie foods in public areas  
(doughnuts, high-fat coffee creamers, candy), or in desk, vending  
machines.

### Remember:

1. **Keep high-fat/calorie foods out of your house and work place.**  
Or keep them out of sight. *Out of sight is out of mind.*



**Keep lower-fat/calorie choices easy to reach, in sight,  
and ready to eat.**

Examples: Fresh fruits, raw vegetables (already washed and  
prepared), nonfat dips, pretzels, low-fat popcorn, diet  
drinks, sugar-free Jell-O, sugar-free popsicles.



2. **Limit your eating to one place.**
3. **When you eat, limit other activities.**

Where you shop: \_\_\_\_\_

## Shopping tips

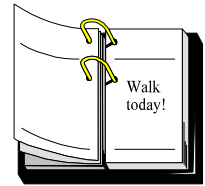
- ❖ Make a shopping list ahead of time. Stick to the list!
- ❖ Don't go shopping when you're hungry.
- ❖ Avoid sections in the store that are tempting to you, if possible.
- ❖ Ask the grocery store manager to order low-fat/calorie foods you want.
- ❖ Only use food coupons for low-fat/calorie foods, not for high-fat foods.



## Activity Cues

### 1. Add positive activity cues to your life.

- ❖ Keep these in sight: Shoes, bag, mat, bike.  
Calendar or graph.  
Video and magazines.  
Photos, posters.  
Reminders.

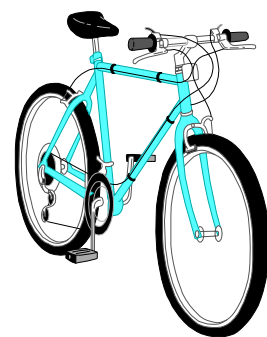


- ❖ Set up a regular "activity date" with a friend or family member.
- ❖ Set a timer or alarm on your watch to remind you to be active.
- ❖ Others: \_\_\_\_\_

### 2. Get rid of cues for being inactive.

- ❖ **Limit TV watching.** Or be active while you watch TV.
- ❖ Don't pile things at the bottom of the stairs. Climb the stairs each time something needs to be taken upstairs.
- ❖ Others: \_\_\_\_\_

You can make food and activity cues  
work **FOR** you,  
not against you.





## To do next week:

**I will:**

**Get rid of one problem *food* cue.**

What problem food cue will you get rid of? \_\_\_\_\_  
What will you need to do to get rid of it?

\_\_\_\_\_

What problems might you have? What will you do to solve them?

\_\_\_\_\_

**Add one positive cue for *being more active*.**

What activity cue will you add? \_\_\_\_\_

What will you need to do to add it?

\_\_\_\_\_

What problems might you have? What will you do to solve them?

\_\_\_\_\_

**Keep track of my weight, eating, and activity.**

**Do my best to reach my goals.**

**Before the next meeting, answer these questions:**

Did you follow your plan? \_\_\_ Yes \_\_\_ No \_\_\_ Almost

What problems did you have?

\_\_\_\_\_

What could you do differently next week?

\_\_\_\_\_

