Session 7 or 8:
Take Charge of What's Around You.

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:

<table>
<thead>
<tr>
<th>“Cue”</th>
<th>Makes you want to eat:</th>
</tr>
</thead>
<tbody>
<tr>
<td>You see a carton of ice cream.</td>
<td>Ice cream.</td>
</tr>
<tr>
<td>You turn on the TV.</td>
<td>Potato chips.</td>
</tr>
<tr>
<td>You go to the movies.</td>
<td>Popcorn.</td>
</tr>
</tbody>
</table>

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.

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**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.

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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*.

![Table]

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*.

![Table]

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?

Keep Track