

# HOW DO YOU DECIDE WHAT TO EAT?

## RANK ORDER THE WAY YOU TEND TO MAKE FOOD DECISIONS

**HABIT** (you do the same thing routinely, few decisions are needed).....

**IMPULSE** (just wing it).....

**ASK SOMEONE** (let your significant other or friend decide).....

**PLAN IT** (you make decisions in advance).....

**MOOD BASED** (it varies depending on your mood).....

**SOUNDS GOOD** (whatever sounds or looks good to your taste buds).....

**FOLLOW THE CROWD** (you do what other people are doing).....

**CONVENIENCE** (choose the easiest, closest option).....

**COST BASED** (based on money/how much you want to spend).....

**PROS AND CONS** (choose based on the benefits and drawbacks).....

**DIET BASED** (you eat what your diet tells you to eat).....

**SHOULD** (you choose based on what you think is the "right" option).....

**HEALTHIEST** (you choose based on what you think would be the healthiest option).....

**MY BEST DECISION ARE BASED ON** (which strategy).....

**THE DECISIONS I REGRET ARE BASED ON** (which strategy).....

## TIPS FOR MAKING FOOD DECISIONS



**CLEARLY STATE ALL OF YOUR OPTIONS. EAT IT, EAT SOMETHING ELSE, EAT PART OF IT...**

**LIMIT YOUR OPTIONS TO THREE DIFFERENT CHOICES. WHEN YOU HAVE TOO MANY OPTIONS, YOU ARE AT HIGH RISK FOR BECOMING OVERWHELMED AND NOT MAKE A DECISION AT ALL.**

**REMEMBER THE DECISION DOESN'T HAVE TO BE PERFECT, JUST GOOD ENOUGH AND IN THE RIGHT DIRECTION. DON'T BE TRIPPED UP BY IMPERFECT OPTIONS.**

**MAKE A HEALTHY DEFAULT OPTION. GO BACK TO THIS FOOD CHOICE WHEN YOU FEEL OVERWHELMED. KEEP IT SIMPLE WHEN STRESSED.**