

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.