



Feel Great About Your Body & Yourself Every Day!

Alice Greene
America's Healthy Lifestyle Coach

5 Secrets to Stop Eating Junk Food

1

Gain Awareness of When You Eat Junk Food, So You Can Stop

If you are not paying attention to what you are doing or how you feel, you can't stop
Notice if you are eating junk food because you don't have other good options.
See if the junk food really satisfies you, and if it is really as tasty as healthier foods.
How do you feel after you eat this type of food? Do you really feel better?

2

Don't Judge Yourself for Eating Junk Food

When you judge yourself or feel judged, you will want to eat even more junk food.
Be neutral as you observe the way you behave when you are around junk food.
Don't assume the worst about yourself.
Assume there is a good reason when you want or can't stop eating junk food.

3

Become Curious About Why You Are Driven to Eat Junk Food

There are 8 possible reasons you might be eating junk food in a way that is unhealthy.
Which of the 8 reasons might it be?
Can you be more specific?
Do the reasons change for different situations?

4

Understand Your Pattern with Junk Food

You may notice there is a pattern to when or why you eat junk food.
Do you reach for junk food at a certain time of day?
Do you find it easier to go for junk food certain days of the week?
Do you go for junk food when you don't have healthier foods around?

5

Create Strategies to Support Yourself in Eating Healthier Foods

Consider things you can do that will help you eat less junk food.
Plan ahead so you have healthier food choices available when you get hungry.
Find local places that have healthier to-go food options that are easy to get to.
Stock your kitchen, office or even your car with healthy foods you enjoy.
Give yourself permission to have junk food you love on occasion.

Come up with other strategies, so you are less likely to turn to junk food so much.



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What do you think some of the reasons might be that you end up eating lots of junk food?


