

Transform Your Eating Habits

By Applying The Principles of Atomic Habits



Build small habits: Make gradual and sustainable changes to your diet over time. Instead of trying to completely change your eating habits overnight.

The key to building lasting habits is to focus on creating a new identity first. Shift your focus from "What do I want to achieve?" to "Who do I want to become?" Shift your focus from specific goals to defining the identity of someone who values and prioritizes nutritious food choices.

4 RULES TO HELP YOU MAKE HEALTHY FOOD CHOICES

1

MAKE IT OBVIOUS

Create an environment and cues that make it easier for you to make healthy food choices and avoid unhealthy ones. Here's how to apply this rule:

- 1. Visibility:** Make healthy food options more visible and accessible. Store fruits, vegetables, and other nutritious foods at eye level in your fridge and pantry, while placing less healthy options out of sight. This makes it more likely that you'll choose the healthier options when you're hungry.
- 2. Preparation:** Prepare healthy meals and snacks in advance. When nutritious options are readily available and require minimal effort to eat, you're more likely to choose them over unhealthy, convenience foods.
- 3. Meal Planning:** Plan your meals and snacks ahead of time. This helps you make intentional choices about what you'll eat, reducing the likelihood of impulsively grabbing unhealthy options.
- 4. Use Visual Reminders:** Post visual cues or reminders to make healthy choices. For example, you can put up a list of your dietary goals on your fridge or set a healthy food-related screensaver on your computer or smartphone.
- 5. Healthy Snacking:** Have healthy snacks, like cut-up veggies or nuts, readily available and within arm's reach at home and work. This can prevent mindless snacking on less nutritious options.
- 6. Food Journaling:** Keep a food journal or use a mobile app to track your eating habits. This not only helps you become more aware of what you're eating but also provides a visual record of your choices.
- 7. Social Support:** Enlist the support of friends or family members who have similar dietary goals. Sharing your intentions and progress with others can provide motivation and accountability.

2

MAKE IT ATTRACTIVE

Focus on making healthier food choices more appealing and enjoyable. By associating positive experiences with nutritious foods, you can create a mindset that encourages better eating habits.

- 1. Flavorful Cooking:** Experiment with various herbs, spices, and seasonings to make healthy dishes more flavorful. Cooking techniques like grilling, roasting, and sautéing can enhance the taste and texture of foods.
- 2. Healthy Recipes:** Explore and try out new healthy recipes that you find exciting and enjoyable. There are countless creative and nutritious recipes available online and in cookbooks.
- 3. Colorful Presentation:** Create visually appealing meals by incorporating a variety of colorful fruits and vegetables. The vibrant hues of fresh produce can make your plate more attractive and appetizing.
- 4. Food Pairings:** Pair healthy foods with ingredients you genuinely enjoy. For example, if you love hummus, use it as a dip for vegetables rather than chips.
- 5. Mindful Eating:** Pay attention to your eating experience. Savor the flavors, textures, and aromas of your food. Eating slowly and mindfully can enhance your appreciation of healthier choices.
- 6. Food Artistry:** Get creative with your food presentation. Arrange fruits, vegetables, and other healthy items in an artistic or visually appealing manner on your plate.
- 7. Healthy Substitutes:** Find healthier alternatives for your favorite indulgent foods. For example, replace regular potato chips with baked sweet potato fries.
- 8. Social Dining:** Share healthy meals with friends or family. Dining with loved ones can make the experience more enjoyable and create positive associations with healthy eating.
- 9. Culinary Classes:** Consider taking cooking classes or workshops that focus on preparing healthy and delicious dishes. Learning new cooking skills can make the process of eating healthily more attractive.
- 10. Positive Reinforcement:** Reward yourself for making healthy choices. This could be as simple as acknowledging your achievement or treating yourself to a non-food reward.
- 11. Variety:** Incorporate a variety of foods into your diet. Experiment with different fruits, vegetables, grains, and proteins to keep your meals interesting and satisfying.
- 12. Food Education:** Learn about the nutritional benefits of the foods you eat. Understanding how specific foods contribute to your well-being can make them more attractive choices.
- 13. Temptation Bundling** - After I eat my salad I will eat the other food that I enjoy more than salad.

3

MAKE IT
EASY

Simplify the process of making healthier food choices. If a behavior is easy to do, you're more likely to do it consistently.



1.Meal Planning: Plan your meals in advance. Create a weekly meal plan that includes healthy options, and make a shopping list accordingly. Having a plan reduces the temptation to order takeout or opt for unhealthy convenience foods.

2.Prepare Healthy Snacks: Pre-cut fruits, vegetables, and other healthy snacks and store them in easy-to-grab containers. When you're hungry, you're more likely to reach for these nutritious options.

3.Healthy Food Accessibility: Keep healthy foods easily accessible in your kitchen. Store fruits, vegetables, and whole grains at eye level in your pantry and fridge so that they are the first things you see.

4.Portion Control: Use smaller plates and utensils to help control portion sizes. Smaller tableware can trick your mind into thinking you're eating more than you actually are.

5.Cook in Batches: Prepare healthy meals in larger batches and store portions in the freezer. This way, you'll have nutritious options available even on busy days.

6.Healthy Meal Kits: Consider using meal kit delivery services that provide pre-portioned ingredients and recipes for healthy meals. This eliminates the need for extensive meal planning and shopping.

7.Kitchen Organization: Keep your kitchen organized and clutter-free. A tidy cooking space can make meal preparation more efficient and less daunting.

8.Limit Temptations: Minimize the presence of unhealthy foods in your home. If they're not readily available, you're less likely to consume them.

9.Hydration: Keep a water bottle nearby throughout the day to encourage regular hydration. Sometimes thirst is mistaken for hunger.

10.Healthy Cooking Techniques: Learn and use healthy cooking techniques that require less added fat and fewer calories. Steaming, baking, grilling, and stir-frying with minimal oil are good options. By making healthy choices easier to implement in your daily routine, you can reduce the barriers to adopting and maintaining healthier eating habits. The "Make It Easy" rule simplifies the process of choosing nutritious foods, making it more likely that you'll consistently make positive dietary choices.

4

MAKE IT
SATISFYING

Find ways to make healthier food choices enjoyable and rewarding. By focusing on the pleasure and satisfaction derived from nutritious foods, you can create a positive relationship with your diet and increase your chances of maintaining healthier eating habits over the long term.

1.Reward Yourself: Rewarding yourself for eating well with non-food rewards can reinforce healthy habits and provide motivation, such as treating yourself to a spa day, buying a new book, or enjoying a relaxing movie night.

2.Track Progress: Keep a food journal to record your meals, your feelings of satisfaction, and any improvements in your eating habits. Tracking can help you stay motivated and recognize patterns.

3.Positive Reinforcement: Celebrate your successes and milestones in your journey toward healthier eating. Acknowledge the positive changes you've made and the benefits you've experienced.

4.Set Realistic Goals: Set achievable goals for your eating habits. When you reach these goals, you'll feel a sense of accomplishment and satisfaction.

5.Variety of Flavors: Incorporate a variety of flavors into your meals. Experiment with herbs, spices, and seasonings to make your food more flavorful and enjoyable.

6.Texture and Presentation: Pay attention to the textures and presentation of your meals. Combining different textures, such as crunchy vegetables with tender protein, can enhance the eating experience. Arrange your food on the plate in an appealing way to make it visually satisfying.

7.Cooking Skills: Improve your cooking skills to prepare delicious and satisfying healthy meals. Learning to cook can empower you to create dishes that you genuinely enjoy.

8.Balanced Meals: Ensure your meals are balanced and include a mix of macronutrients (carbohydrates, proteins, and fats) to keep you feeling full and satisfied.

9.Mindful Eating: Practice mindful eating by savoring each bite, chewing slowly, and fully experiencing the flavors and textures of your food. This can enhance your satisfaction with the meal.

10.Healthy Snacking: Find satisfying and nutritious snacks to prevent excessive cravings for unhealthy options. Examples include Greek yogurt with fruit, mixed nuts, or hummus with veggies.