

Road Map for Change

Eating healthier when you crave unhealthy foods



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Let's explore why it can be difficult to eat healthy when we crave unhealthy foods

Meet Helen



Helen is a semi-retired school teacher with 4 grandkids. She is trying to get healthy, so she eats salad 3 times a week. “On days I eat salad though, I have this unbelievable craving to eat a pint of ice cream that night. Salad doesn’t fill me up the way vanilla ice cream combined with fudge brownies and gobs of chocolate chip cookie dough can.”

Her cravings on days she eats healthy don’t stop at ice cream. “Anything I can get my hands on that is sweet satisfies my hunger on those days. I know this ruins my attempt at getting healthier.” She is looking for advice to satisfy her sweet cravings on salad days.

Here’s a map of Helen’s story:

What is happening?

- Eating salad doesn’t satisfy her hunger
- Used to eating a lot of sweets

How does she feel?

- Hunger
- Out of control
- She deserves it

What is she doing (or not doing)?

- Eating too many sweets
- Craving unhealthy foods

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What parts of your story sound like Helen’s? How is your story different?

3

What step can you take in the next week towards avoiding cravings?

Empty text box for user response.

Here are some ideas based on how ready you are to eat healthier this week

Not quite ready...

- ☐ Talk with someone who is in a similar situation

Still thinking about it...

- ☐ Talk with someone who has successfully satisfied their 'sweet tooth' with a healthier option

Getting ready...

- ☐ Look for more robust salad recipes
- ☐ Identify other foods that would fill you up like nuts or healthy meats

I'm ready now!

- ☐ Have healthy snacks on hand
- ☐ Distract yourself during a craving by going for a walk or watching a favorite program

Maintaining change

- ☐ Plan for healthy rewards for meeting goals
- ☐ Create a plan to get back on track after a relapse

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I'm here to help!

As your Health Navigator, I'm here to support you in finding ways to achieve your health goals.

I'll follow-up with you on:

Feel free to call me before your appointment with any questions:

Facts About Healthy Eating



A healthy diet could reduce your risk of diabetes, cancer & heart disease

Eating right could protect your memory



A healthy diet can boost your energy

Eating healthy can help with weight loss or weight management



"It's that one-on-one personal support that I think is very good for me. It has helped me stay on the right track, encouraged. To change old habits, it's not that easy, so it impressed me to have someone who is there to encourage you and be very concerned about you." ~Kathie P.