



Self-care Guide To Stop Eating Junk Food

Self-Care Tips to Stop Eating Junk Food

1. Set healthy boundaries so you can prevent negative emotional responses.
2. Eat meals at home. With fewer meals being prepared in the house, fewer Americans are being raised with the skill of cooking.
3. Eat a rainbow of colors every 1-2 days.
4. Learn to see self-care differently. Healthy eating habits are a way to treat your body like a holy temple.
5. Eat smaller meals – Eating more frequently and smaller meals help control blood sugar and insulin levels, both of which can trigger hunger and cravings for sugary foods.
6. Manage your stress.
7. Eat proper serving sizes of any food you eat.
8. Focus on adding healthy foods (not denying yourself food).
9. Learn how to spot alternative names for sugar on food labels.
10. Break up routines that journey towards eating junk food.
11. Make time to sit down when you eat so you can be mindful of what and how much you are eating.
12. Drink more water.
13. Get the right amount of sleep.
14. Pack your lunch with healthy options for work or school.
15. Work on saying no when you are offered junk food.
16. Have healthy snacks available.