

Questions:

1. Do you have obstacles in your day that make healthy eating challenging?
2. Do you have a friend's house you visit frequently that serves unhealthy food?

MANAGING OUTSIDE INFLUENCES

The world outside your home is full of unhealthy temptations. In addition, we are all influenced by advertising and other external pressures. Here are some tips for taking control and managing these influences.

Snacks/drinks from vending machines

When you know you will be facing the tempting treats in a vending machine (i.e. at the mall, at school, after school) and/or you will be away from home for a long period of time, bring a snack and/or drink with you, such as:

- Homemade trail Mix (Wheat Chex, almonds, popcorn)
- String cheese and crackers
- Kashi TLC granola bar TM
- Nuts and fruit
- Bottled water or flavored water

Don't carry quarters!

* Bonus: With all the money you save over the week or month from avoiding vending machines, treat yourself with a non-food related reward, such as a soccer ball, bike helmet, jump rope, or CD.

TV commercials that promote unhealthy food such as snack foods, fast food, and soft drinks

- Get rid of TVs in the bedrooms.
- Limit your TV time.
- Leave the room or put the TV on mute when the commercials come on. Instead, during this time:
 - Get up and move.
 - Play with a pet.
 - Do homework.
 - Read from a book or magazine.



Eating away from home (e.g. dinner at a friend's or at a grandparent's house birthday parties)

- If possible, ask what will be served ahead of time, and then come up with a plan for ensuring you eat a healthy meal.
- Decide which foods you really want and how you can make your plate look like the healthy plate model (see Balanced Eating handout).
- If you don't know what will be served in advance, look over everything that is served during dinner and do your best to make healthy choices.
- Ask to serve yourself so you can control portions.
- At birthday parties, it is ok to eat birthday cake, just watch the portion size. If they have both cake and ice cream, choose one or the other, or have a smaller portion of each.
- Never feel like you have to eat all the food you are served. It is okay to leave food on the plate once you are full.

The snack bar or ice cream trucks at the beach

- Bring a bagged lunch and/or snacks.
- If available, read the nutrition labels on the ice cream treats and choose the healthiest option from the choices you enjoy.
- Split something with a friend (i.e. a Twin Pop).
- Make good choices at the snack bar, which may include:
 - Sandwiches or wraps (i.e. Turkey or ham with veggies and cheese, without the mayonnaise or bacon)
 - Salads with light dressing on the side (e.g. light vinaigrettes or light Italian)
 - Grilled options versus fried
 - Watch out for egg, chicken and tuna salad, as they usually are loaded with mayonnaise.

What are your outside influences and how will you handle them?

My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- 1
- 2
- 3
- 4
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