

# S.M.A.R.T.steps To Better Health



STEP 6: PLANTING MORE SEED

SUPLANTING

WEEK 6



## “I am grateful for making better food choices”

### Supplanting

Hopefully you have done your homework and have identified things in your environment that have been encouraging “less than desirable” behavior. If you are like most, you have likely seen adds on TV and magazines that don’t encourage healthy eating. You have also likely been in conversations with others also that have not encouraged healthy eating. While there are instances that you can recognize, believe that there are others that you don’t recognize that continue to influence you in ways that are unhealthy. The goal this week is to reverse this. You cannot remove all of the negative influences, however you can begin to flood your environment with positive messages that encourage the behavior that you desire (displacing the negative messages). The dietary goal: getting in more fruits and vegetables.

### 1)Take 3 Small Steps:

Review the attached table and circle all the things you currently do. Of those remaining pick 3 that you are willing to try. Also “ask”, How can I make better food choices? Write these responses in your journal.

- take 3 small steps
- re-engineer environment
- add to vision board

**2) Environmental Re-engineering:** Ask, “How can I get more positive messages into my environment?” (actually say it :-). Place a small bowl of fresh fruit on the kitchen table, place a bottle of water in the car, place a collage of desired food on the refrigerator, leave fitness magazine out for viewing, etc. These visual cues will connect with your subconscious and positively influence your behavior. At a minimum, you should have the three magnet words in your home. You can expand this to use

other words as well. Your magnet words should not be statements that can be judged, like “I am healthy”.

### 3) Add to Vision Board:

Its time to add more pictures of the desired behavior to your vision board. Find pictures that resonate with your plan in the first task. You may find such pictures in health magazines, or search for them on the internet. Try to place at least 3 types of fruits and three types of vegetables on your vision board. Remember to use your vision board as imagery prompt for you performing the desirable behavior. Take time to actually imagining yourself eating the items that you have placed on your board.

It is helpful flood the mind with desirable images which then supplant the images that we don't want. “ArtTherapy” can will help in this regard. Take the time to sketch a piece of fruit or vegetable. In order to draw an image you must hold the image in your mind. The longer the image stays the more it will be drawn to you. As such don't worry about your ability to draw. Don't look at your drawing with disappointment (though your ability to draw will improve in time). The real practice is in holding the desired image in you mind. Give it a try. It will be fun, it will be helpful :-)



<b>REDUCE CALORIES</b>	<b>REDUCE FATS</b> (especially saturated fats)	<b>REDUCE SIMPLE SUGARS</b>	<b>INCREASE FIBER AND OMEGA 3</b>	<b>INCREASE FRUITS AND VEGETABLES</b>
<input type="checkbox"/> Share an entree with a friend // Eat from kiddy menu	<input type="checkbox"/> Drink fat free milk	<input type="checkbox"/> Drink water instead of juice	<input type="checkbox"/> Start day with whole grain oat meal or whole grain cereal	<input type="checkbox"/> Plan a meal around a vegetable
<input type="checkbox"/> Eat half of your desert	<input type="checkbox"/> Drink 2% milk	<input type="checkbox"/> Don't add sugar to beverages	<input type="checkbox"/> enjoy pinto or kidney beans on salad	<input type="checkbox"/> Top your favorite cereal with apples or bananas
<input type="checkbox"/> When eating out, choose a small or medium portion	<input type="checkbox"/> Ask for salad dressing on the side	<input type="checkbox"/> Drink diet soda	<input type="checkbox"/> eat more split pea or lentil soup	<input type="checkbox"/> Make a fruit and vegetable smoothie for breakfast or other meal
<input type="checkbox"/> Don't skip meals (helps to avoid over eating)	<input type="checkbox"/> At sandwich shops ask for leaner cuts of meat, and more lettuce and tomatoes	<input type="checkbox"/> Drink water as your only beverage for 2 days out of the week	<input type="checkbox"/> Eat more walnuts	<input type="checkbox"/> Snack on fruits and vegetables
<input type="checkbox"/> Eat off of a smaller plate // Don't supersize	<input type="checkbox"/> Broil, grill, roast, or poach meal, poultry or fish instead of frying	<input type="checkbox"/> Eat half of your desert	<input type="checkbox"/> Eat more products with flaxseed	<input type="checkbox"/> Eat more celery sticks
<input type="checkbox"/> Don't take seconds	<input type="checkbox"/> Less cheese and more vegetable toppings on pizza (mushrooms, pepper, and onions)	<input type="checkbox"/> Eat sweet foods in small amounts	<input type="checkbox"/> Increase the consumption of fish (including tuna)	<input type="checkbox"/> Stash fruit and other healthy snacks in the car
<input type="checkbox"/> Begin your meal with drinking a glass of water (you will fill up faster)	<input type="checkbox"/> Trim the visible fats from meat and remove skin from poultry	<input type="checkbox"/> Decrease the number of alcoholic beverages in a week	<input type="checkbox"/> Eat more fruits high in fiber (apple or pear)	<input type="checkbox"/> Add lettuce and tomatoes to sandwiches
<input type="checkbox"/> When eating out choose an appetizer as the main course	<input type="checkbox"/> Go meatless one-two days a week	<input type="checkbox"/> Don't add sugar to foods	<input type="checkbox"/> Eat more vegetables high in fiber	<input type="checkbox"/> grill fruits and vegetables
<input type="checkbox"/> After eating, wait 15 minutes for deciding on seconds	<input type="checkbox"/> Go meatless three-four days per week	<input type="checkbox"/> Don't choose food that list sugar as the first ingredient	<input type="checkbox"/> Eat more green peas, artichokes, and brussels sprouts	<input type="checkbox"/> add frozen chopped spinach, collard greens, or turnip greens to soup
<input type="checkbox"/> Don't skip breakfast	<input type="checkbox"/> Decrease the size-portion of meat with a meal	<input type="checkbox"/> Limit products that are made with flour	<input type="checkbox"/> Eat more lima beans, black eye peas, black beans	<input type="checkbox"/> Never be fruitless, always stock up (fresh, canned, or frozen)
<input type="checkbox"/> Don't eat late at night	<input type="checkbox"/> Toss salad with olive oil and flavored vinegar	<input type="checkbox"/> Go 1 day without flour containing products or juice	<input type="checkbox"/> Eat baked potato with skin	<input type="checkbox"/> Keep bowl of cut up vegetables in your refrigerator (carrots, celery, broccoli, cucumbers, pepper strips)
<input type="checkbox"/> When eating a meal, eat mindfully, taking the time to chew food	<input type="checkbox"/> Less beef, pork, and eat more chicken, turkey, and fish	<input type="checkbox"/> Go 2 days without four containing products or juice	<input type="checkbox"/> Eat more raisins	<input type="checkbox"/> Ask for more vegetable toppings on your pizza (and less cheese)
<input type="checkbox"/> Do a three day calorie count (how close to 2,000 calories are you?)	<input type="checkbox"/> Eat lentils as a replacement for meat	<input type="checkbox"/> Go 3 days or more without flour containing products or juice	<input type="checkbox"/> Eat more lentils	<input type="checkbox"/> Eat an apple a day for a week or more (add banana and pear)