

## What Are You Thinking?

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During these challenging times how do we continue to navigate our food choices?

- Sweep out the negative. Negative thoughts aren't helpful in moving us forward. So if you made some food choices that you are not happy with...move on and try and make healthier choices at the next meal.
- Eat intuitively. Think about what you are eating to savor, enjoy and help to satisfy you without feeling like you have overeaten. If you feel full you have eating too much.
- Finding the balance. Some people want to eat comfort foods. How do we make them healthier? Adding diced tomatoes, spinach or cauliflower to macaroni and cheese is just one example.
- Add in the positive. Give ourselves credit for staying on top of our food choices and being aware of our portions.
- Try something different. Just yesterday my husband handed me a tortilla chip with guacamole on it and topped with a blueberry!

It was great. The blueberry gave it this hint of sweetness.

- Prioritize family meals. It may not be possible to eat with someone but can we give a friend or family member a call and put them on speakerphone or do a zoom meeting?

During these times we can be creative and try things that we have never done before to see what works to maintain a healthy eating plan.