

## How to Cope with Challenges | Healthy Eating

Changing your diet isn't always easy. Life can get in the way. Here are some common challenges you might face, and ways to cope with them. Write your own ideas in the column that says, "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
Shopping this way costs too much.	<ul> <li>Use coupons.</li> <li>Buy in bulk.</li> <li>Buy things on sale.</li> <li>Grow your own veggies and fruit.</li> <li>Buy frozen veggies and fruit.</li> <li>Buy veggies and fruit in season.</li> </ul>	
Shopping and cooking this way takes up too much time.	<ul> <li>To free up time in general:</li> <li>Be more organized.</li> <li>Ask friends or family to help you get things done.</li> <li>Take your kids with you to the grocery store and turn it into a fun field trip.</li> <li>To find time to shop for healthy food:</li> <li>Shop on the weekend.</li> <li>Shop in bulk.</li> <li>Use a list to make sure you get everything you need.</li> <li>Buy healthy convenience items, like prewashed salad.</li> <li>To find time to cook healthy food:</li> <li>Look for recipes for fast, healthy meals.</li> <li>Do some prep work before work in the morning.</li> </ul>	

Challenge	Ways to Cope	Other Ways to Cope
I don't like the way this food tastes.	<ul> <li>Substitute ingredients in your favorite dishes to make them healthier.</li> <li>Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta.</li> <li>Choose good quality items.</li> <li>Choose items with a variety of flavors, textures, scents and colors.</li> <li>Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.</li> <li>Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt and salsa.</li> <li>Grill or roast veggies and meat to bring out the flavor.</li> </ul>	
It's unpleasant, boring, hard to shop for, cook or eat this way.	<ul> <li>Shop, cook and eat healthy with people whose company you enjoy.</li> <li>Learn new cooking methods and recipes from books, articles and videos, or take a healthy cooking class.</li> <li>Try new ingredients.</li> </ul>	