

## Module 2, Lesson 1: Overcome Barriers to Healthy Eating

### Introduction video transcript

Welcome to module 2 lesson 1 overcoming barriers to healthy eating.

In this lesson we will address overcoming barriers and temptations we all face.

By equipping ourselves with knowledge, finding healthy options we enjoy, and planning ahead we can counter these obstacles and learn how to change old behaviors.

We all face moments of choice like this (an apple or a piece of cake). Most of us would choose the cake over the apple if they both had the same nutritional value. Right?

The key is to recognize these moments as opportunities to understand the nutritional value of your options can empower you to choose what fuels your body best.

Choosing between a nutritious option and an indulgence can be challenging.

Remember small mindful decisions add up over time to create significant changes in your health and habits.

Success begins with a clear strategy.

- Know your purpose
- align your choices with your values plan ahead
- and stay committed to your strategy

Each of these elements helps you build a strong foundation for healthier living.

Opting for nutrient-rich meals like a salad over a cheeseburger doesn't mean depriving yourself; it's about making balanced decisions that satisfy your hunger and support your wellness goals.

Variety is key. Incorporate a range of fruits and vegetables into your diet to keep it enjoyable and nutritious.

Every choice you make can help build your resilience to less healthy temptations.

It's natural to crave treats but moderation is essential awareness of your triggers helps you make informed decisions even when faced with tempting foods. Here are times (depiction of a stack of chocolate chip cookies being drizzled with chocolate) to say no.

And that's okay.

Saying no doesn't mean never enjoying your favorite foods; it means choosing when and how to indulge wisely.

Planning is a powerful tool. Take time to list out nutritious foods you love and incorporate them into your meal plans. Preparation helps eliminate impulsive less healthy choices reading labels is a habit worth adopting.

Look beyond the front packaging and check the nutrition facts to find options that align with your health goals.

Checking yes to the healthier choice becomes easier as you practice mindful decision-making.

Leverage tools like your phone to cross check nutritional information and ensure that your selections fit your plan.

Knowledge gives you the confidence to walk away from choices that don't align with your goals.

Replace high carb and sugary snacks with nutrient-dense options like nuts fruits and vegetables.

Swapping these choices helps you maintain energy and curb cravings.

Success in overcoming temptations lies in knowledge and planning.

With the right strategies, making healthy choices becomes a part of who you are, leading to long-term well-being.