



Power of Produce: Find reasonably priced fruits and vegetables

Cheaper prices of produce, are often found in larger grocery stores, and are linked to a lower average BMI of the nearby population.³

- Make a grocery list progressively through the week, adding items as you recall. That way you do not forget anything or have to think of items last minute.
- Select a grocery store with relatively cheaper produce, but make sure it is still fresh and good quality.
- This will help prevent you from being deterred from a particular item due to higher than desired prices.

Unsubscribe from food themed social media channels – they artificially stimulate hunger!

RD Behind the Message

About Me

My name is Victoria and I am a Registered Dietitian with 10 years of experience in the field. I have a passion for promoting lifestyle changes for permanent health improvement.

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References

1. Fuglestad, 2012
 2. Abratt, 1990
 3. Gustafson, 2012
- Photos from Shutterstock



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**CREATING A
HEALTHY HOME
ENVIRONMENT
FOR GOOD
NUTRITION**

**~HEALTHY DEFAULTS~
AT HOME**



Empower Your Environment!

Eating Meals from Home

You may already know that dining out of the house contributes to unhealthy eating habits, since we cannot control what is in the food.¹ However, simply eating at home will not automatically lead to healthy eating habits. This brochure gives tips on how to optimize your eating environment at home by setting 'healthy defaults' which make it easier to achieve better nutrition.

Constructing Your Home Environment

The home is an environment built by the individual, thus it can be positively reconstructed by you them well.

*Do Not Rely on Willpower!
Remove junk and tempting
unhealthy foods from the house*

Set your home up for success

Remove grazing opportunities around the house such as bowls of empty calorie snacks like candy, chips, pretzels, etc.

Stick to regularly scheduled meals and do not wait till you are starving to eat. You can use fruits or vegetables to delay a full meal if it is not time to eat yet.

Eat from smaller plates to fit less food. You can always get seconds, but chances are you won't need or want to.

Beware of TV Commercials

Mute the TV during commercials, leave the room, or focus on something else. Advertisements feature big, bright images of food which artificially stimulate hunger.¹



Product brands spend a lot of money to advertise their products in grocery stores.

Their purpose is for you to buy things you did not plan to, most of them of the junk food variety.

Grocery Shopping Goal: Avoid Impulse Buying

Impulse buying is a purchase decision made in the store without deciding there is a need for it before arriving there.²

It is caused by in-store stimuli² such as:

- Samples, product shelf placement, price discounts, flashy displays, foods located in easy to find locations like sides of aisles.²
- Stick to your grocery list (allow no more than 2 unplanned purchases if you must).
- Look beyond what is at eye level, it is usually the most expensive and least nutritious choice.
- Never go grocery shopping when hungry!