**Eliminating Junk Food**



For many, trying to eliminate junk food from their lives seems impossible. And while it certainly won't be easy, it is can be done with a little planning and determination. The following worksheet can help with this.

Favorite Junk Foods

List your favorite junk foods. Next to each, write why you eat it. Are you turning to it for emotional comfort? Is it an insatiable craving - could you be missing a vitamin or mineral from your diet that it's trying to replace?

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How could you better deal with the above reasons for eating these foods?

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When quitting junk food, you may experience t withdrawal symptoms. How will you deal with them?

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Others symptoms you feel when going without junk food: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Make a list of healthy foods you like that may satisfy the craving for the following. These can be alternatives or just healthier versions of the food.

**Salty Foods**

Unhealthy Choice Healthier Alternatives

*Potato chip kale chips*

*Fries roasted vegetable fries, sweet potato fries*

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**Sweet Foods**

Unhealthy Choice Healthier Alternatives

*Ice Cream low calorie ice cream, vegan ice cream, frozen fresh fruit smoothie*

*Chocolate choose dark chocolate over milk chocolate, chocolate dipped nuts*

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**Comfort Foods**

Unhealthy Choice Healthier Alternatives

*Pizza make no crust pizza or pizza topped zucchini or mushrooms*

*Mac & Cheese use pureed butternut squash and low-calorie cheese*

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**Fast Foods**

Unhealthy Choice Healthier Alternatives

*Burgers Ask for no bun or make your own with lean meat*

*Chicken Choose grilled over crispy fried, bake at home instead*

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**Drinks**

Unhealthy Choice Healthier Alternatives

*Soda sparkling water with fruit juice, unsweetened iced tea*

*Sweet tea herbal tea*

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