

Control Your Food Environment

Supports: Block — Control Your Food Environment

Why It Matters

Willpower is no match for a kitchen full of tempting food at the end of a long day — and that is not a personal failing, it is human nature. The good news is you can shape your surroundings so the healthy choice becomes the easy one. Small changes to what you see, what is in reach, and how food is stored can quietly steer your choices all day, without any willpower required.

What to Know

Make the healthy choice the easy choice

- Keep nourishing foods visible and within reach — fruit on the counter, cut veggies at eye level.
- Store tempting foods out of sight, or simply do not keep them in the house.
- Portion snacks into single servings instead of eating from the bag.
- Use smaller plates and bowls so satisfying portions look full.
- Do not shop hungry — it steers the whole cart.

Out of sight, out of mind: You do not have to resist what is not there. Setting up your kitchen once saves you a hundred small decisions later.

Try This

Adjust one part of your food environment.

? What food is a little too easy to grab at home — and how could you make it less automatic?

? What nourishing food could you move front-and-center?
