



Ask Yourself 17 Questions

1. What am I planning on eating today?
 2. Can I make a better choice?
 3. Why am I making this choice?
4. Am I hungry, bored, sad, craving a food or is it mealtime?
 5. Do you know your hunger number?
 6. Can I choose a smaller portion?
 7. How will I feel after eating this?
 8. Do I eat fast?
 9. Am I a member of the clean plate club?
 10. Am I eating out for many meals or do I cook at home?
11. When I go grocery shopping, is there anything I can put back before checking out?
 12. What fruit and vegetables are on my grocery list this week?
 13. Can I start a food journal?
 14. Can I go meatless on Mondays or any day?
 15. Have I tried substituting cauliflower for potatoes or rice?
16. What healthy snacks do I like, and are they in my house right now?
 17. Am I willing to try a new healthy recipe?

<https://wellnys.goer.ny.gov/>