

The Food Line-Up

Smart Food Introduction: Eat with a Purpose

The 30 Smart Food Strategies:

1. Blast the Myths That Make You Fat!
2. Clean Up Your Kitchen!
3. Become a Grocery Shopping Pro
4. Read Food Labels: Know Serving Sizes
5. Strategic Meal Planning
6. Identify Your Weakest Links!
7. Beware of Fad Diets
8. Good Carbs – Bad Carbs!
9. Eat Breakfast!
10. Protein Power
11. Refuel After Exercise
12. Rate Your Plate
13. Eat 5-6 Small Meals a Day!
14. Model to Prevent Childhood Obesity!
15. Eat More... Weigh Less
16. Sugar Is Deadly... Out of Control!
17. Ban Trans Fats Completely
18. Harness Your Hunger!
19. Is Your Salad Making You Fat?
20. Rules of the Road
21. Beef Up on Veggies!
22. Eat Out Less Often
23. Guiltless Restaurant Dining
24. Slow Down Eating!
25. The Glycemic Index
26. Discover Party Power!
27. Nighttime Cookie Monster
28. Action = No Impulse Eating
29. Get Rid of the Munchies!
30. Sleep, Glorious Sleep

Prioritize Your Smart Food Strategies

Summarize Your Food Goals Here

Sample Food Take Ownership...Take Action Work Sheet

Blank Food Take Ownership...Take Action Work Sheets