

HO 20.1 Self-Reflections

Take some time to reflect on the healthy eating and behavior changes you have made throughout the HEED course.

- I have improved the quality of my diet over the past 19 sessions by
 - increasing my fruit and vegetable intake,
 - increasing my intake of whole grains,
 - increasing my intake of dairy and other calcium-rich foods,
 - decreasing my unhealthy fat intake,
 - decreasing my added sugar intake, and
 - decreasing my sodium and salt intake.
- I have improved the balance of my diet by eating enough, but not too much, of the various foods recommended for my age, height, weight, and activity level.
- I have achieved one or more of my short-term goals set back in session 10.
- I have achieved one or more of my long-term goals set at the beginning of the HEED course.
- I have consistently self-monitored my food intake by using a daily food log.
- I have worked on breaking down barriers and building up benefits related to my eating habits.
- I have worked on adjusting my destructive (all-or-nothing, exaggerating, faulty perceptions) thinking.
- I have worked on identifying and managing my triggers to unhealthy eating.
- I have attempted to recruit family, friends, co-workers, or other social support people to aid me in my healthy eating efforts.
- I have set personal, realistic, specific, and measurable short-term and long-term goals for myself and identified suitable rewards for achieving these goals.
- I have learned to identify high-risk situations and learned how to get back on track when lapses occur.
- I have learned how to identify nutrition misinformation and to become more critical about that nutrition information I hear on TV or read in advertisements.
- I have learned the importance of energy balance (through healthy eating and physical activity) in weight maintenance.
- I have learned ways to stay motivated in my healthy eating efforts, including trying new foods and recipes and sharing my healthy eating knowledge and skills with family and friends.