

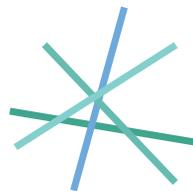
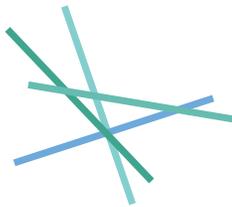
# EATING Better Than Before

---

---

Most of us would like to improve our eating habits—but it's tough. Here are some habit-changing strategies to consider:

1. **Clean Slate.** A new situation makes it much easier to change habits. If you move to a new city, change jobs or schools, or have a new routine, take advantage of the clean slate. New job? Start taking your lunch to work.
2. **Abstaining.** For some people—but not everyone—moderation is too tough; it's easier to give up something altogether. For Abstainers, it's far easier to eat no cookies than one cookie.
3. **Convenience and Inconvenience.** Make it easy to eat right and hard to eat wrong. Keep healthy snacks in your desk so you don't use the vending machine. Store the crackers on a high shelf.
4. **Monitoring.** Keep track of what you eat: how many cups of cereal, how many slices of pizza. Don't eat out of a container. Decide how much you want to eat, and put it on your plate—and no seconds.
5. **Safeguards.** Anticipate temptation and decide in advance how to handle it. What will you eat at the birthday party? On vacation? If Aunt Bertha serves her famous mac and cheese?
6. **Pairing.** Only eat X when you're doing Y. Only eat when sitting at a table. Only eat a croissant after you finish an exam.
7. **Loophole-Spotting.** We use loopholes to justify breaking a good habit. Watch out for these popular loopholes.
  - Tomorrow—"It doesn't matter what I eat today, because I'll eat great tomorrow."
  - Fake-Self Actualization—"You only live once. I can't pass this up!"
  - Lack of Control—"Someone brought cupcakes to the meeting."
  - One-Coin—"What difference does one brownie make?"



For more insight, tips, and practical advice on eating-related habits, read  
*Better Than Before: Mastering the Habits of Our Everyday Lives* by Gretchen Rubin,  
#1 *New York Times* bestselling author of *The Happiness Project*