

# Environmental Influences on Healthy Eating

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WELLNESS

"Make healthy eating the obvious choice"

## Confidence

You're more likely to prepare a healthy meal at home when you are confident in cooking with the healthy ingredients purchased.

### Make time

Schedule meal-prep time into your day, the more time you allow, the better.

### Convenience is key

Prepare foods ahead of time so evening food preparation time is reduced

### Make it obvious

Position the healthiest foods at eye level in the fridge  
Keep most, if not all, counters clear of food  
remove foods from your house that challenge your end goal

### Make use

**of the oven** Prepare extra food ahead of time each time you use the oven

### Use small plates

Use 8-inch plates for meals. We eat with our eyes and stomach, so if our plate looks empty, our mind will follow.

## Out of sight out of mind

Tuck sweets and treats behind containers or above arm level in the pantry. Just having to take another step can help you think twice about whether or not your body is physically hungry.