

OVERCOMING BARRIERS TO HEALTHY EATING

Guideline:.....

What foods does this guideline refer to?

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Do I follow the message in this guideline ?

YES

What makes it possible for me to do this?

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NO

What makes it difficult for me to do this?

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SOMETIMES

What can I do to follow the guideline more often?

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OUR GOALS FOR HEALTHY EATING



Write down your goal to eat more healthily.

