

o You ought to decide on your own if it's best to cut down on the amount of junk food you eat, gradually? over a period of time, or whether it's best to stop altogether for some time. ?Pick up some menus from different restaurants and read them carefully, paying attention to the ingredients of each dish. ?You might go to the supermarket and wander around making a list of all the food and ingredients that you find attractive. Set yourself goals that are achievable and enjoyable. Then highlight the dishes that you find interesting. Decide what you would like to do again and when