

This checklist helps determine if you or a friend needs to change eating habits. Even one "warning sign" warrants action. Craving junk food immediately upon feeling hungry indicates a potential addiction. Comfort eating, often involving high-calorie, carb-heavy, and saturated-fat foods, is a red flag; consistently choosing fast food when upset signifies a problem. Recognizing healthier options exist (e.g., salads, chicken burgers at fast food places) yet consistently choosing unhealthy alternatives (despite knowing the negative consequences like fatigue) reveals a concerning pattern. While breaking habits can be discouraging, this is normal and temporary with persistence. Decide whether gradual reduction or complete cessation of junk food is best, allowing sufficient time for success. Don't let occasional slips derail progress. Explore restaurant menus and supermarket offerings, identifying appealing healthy choices. Refuse junk food offers from friends, rewarding yourself with healthier alternatives. Regain control, consuming junk food only when necessary or sparingly. Finally, list enjoyable activities sacrificed due to weight gain or low energy, setting achievable goals to reclaim them.