

Stimulus Control

- **Downsize:** From now on, you'll buy smaller portions of less healthy foods such as individually packaged chips, ice cream, etc.
- **Plan:** Before you go to a party or special event, you'll decide what you can eat and how much.
- **Pre-eat:** Eat something satisfying and healthy before going someplace where tempting, unhealthy foods will be served.
- **Bring your own:** When you can, take your own favorite healthy foods to an event and stick with eating them.
- **Schedule holidays:** Remember that it's OK to indulge occasionally in your favorite high calorie foods. You will not gain unwanted weight from one piece of Grandma's apple pie on Christmas day, but you will gain weight if you snack on her cookies and fudge the week before and the week after Christmas.