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# **RISKY FOODS *CHECKLIST***

Taking Control of Your  
Eating Habits

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WITH WENDY NICHOLSON



# “Risky Foods” Checklist

## Tips and strategies...

When I was starting to try Intermittent Fasting and eating low carb, I made a list of foods that were the easiest to snack on...that I craved and once I started, I couldn't stop eating!!

Starting to categorize foods as “risky” instead of “cheat” foods, became a helpful guide for me.

### **This was my list**

(your list will probably look different)

### EXAMPLES

#### **LOW RISK CARBS**

(no chance of overeating)

- Potatoes
- Sweet potatoes
- Vegetables

#### **MEDIUM RISK CARBS**

(some chance of overeating)

- Dairy (pudding, flavoured yogurt)
- Tortillas
- Rice and pasta
- Fruit
- Juices/smoothies

#### **VERY RISKY CARBS**

(high chance of overeating)

- Desserts
- Breads
- Candy
- Chocolate

CONTINUES ON NEXT PAGE



# “Risky Foods” Checklist

## Continued...

Once I wrote down the foods that were the “risky” ones, I could move forward with changing my eating habits.

## Out Of Sight, Out Of Mind

One of the most effective things I did near the beginning of my journey to a low carb lifestyle is I took all the high carb and highly processed foods out of my kitchen cupboards.

I stashed them up high out of reach or in my storage room...some of them I gave away and some I had to throw away later, since they had expired.

This kept the foods out of reach, out of sight - I was then not tempted to eat them.

This can be challenging for families but any amount of changing of your behaviour in this area makes a big difference.

Examples of steps to take:

- Keep food (that you usually overeat) out of sight
- Ask friends and family not to give you gifts of high carb foods
- Be accountable to someone by finding a support network
- Notice when you are tempted to “eat in secret”
- Don’t feel shame if you are tempted to go back to old eating habit temporarily
- Start again, and take small steps every day towards your weight loss goal
- Be very CHOOSY as to what you put in your grocery cart.

Remember to choose the low carb options in the grocery store, rather than having to make those choices in the kitchen when you are hungry.

Believe me, it gets easier and easier as you make healthy eating a habit.

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# "Risky Foods" Checklist

Continued...

**Keep the sugar away to keep the carb cravings at bay.**

Keeping the sugar/ high carb/ highly processed foods out of sight, out of the cupboards, out of the fridge and freezer, and off the grocery list has made a huge difference.

When someone quits carbs, it will feel like an uphill battle to try to quit just through sheer willpower.

We are not tempted to overeat on healthy carbs such as vegetables. It is usually the overly sweet carbs and processed carbs that we can't stop eating.

Think about it - all the food in our fridge, freezer, and cupboards is food we chose to buy.

We chose to put it in the shopping cart, pay for it and bring it home.

So, from now on, we can make better choices at the grocery store and eliminate the temptation, at the source!

KEEP Going and you will reach your goals!  
I'm cheering you on...

*Wendy*

- Print off the following page(s):

 **To print in colour, select page 5**

 **To print in grayscale, select page 6**

- Fill in your "risky food" items to make you more aware of things to watch for...and maybe take them out of your cupboards also.
- Keep this list on the inside of one of your kitchen cupboards as a reminder of the "Very Risky" foods and try to NOT buy them at the grocery store while you are losing weight.

# My "Risky Foods" Checklist

## **LOW RISK CARBS**

(no chance of overeating)

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## **MEDIUM RISK CARBS**

(some chance of overeating)

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## **VERY RISKY CARBS**

(high chance of overeating)

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