

Mayo Clinic Minute

3 Tips to ditch the junk food and have a healthier diet

Video	Audio
Katherine Zeratsky Dietitian Mayo Clinic	French fries, pizza, potato chips, and sweets ... “... with their added salt, added fat and sugar are tasty.”
	Mayo Clinic’s Katherine Zeratsky says these highly processed foods are often stripped of their nutritional value even though they taste so good to many of us.
	“As Americans, we like taste and convenience, and those foods generally fit that bill.”
	And we are creatures of habit.
	The good news is habits can be broken.
	“Changing a habit or a behavior is a challenge and so having a plan as you go about that change probably will be helpful.”
	Zeratsky says one option is removing the temptation.
	“Instead of having those foods on your kitchen counter, maybe putting out a bowl of fruit.”
	Option two: Try gradually cutting back, and pairing it with a new food.
	“It might be pairing that ice cream with some cut up fruit.”
	And option three. Replace that sweet candy or cookie with a piece of fresh fruit.
	“Allow yourself to test and experiment, it gives you freedom and some permission to find out what works without feeling like it’s such a tough task.”
	For the Mayo Clinic News Network, I’m Vivien Williams.