

# 'De-junk' your kitchen



- 1. Avoid placing unhealthy snacks on your kitchen counter.** Replace with healthier alternatives - fruits, wholegrain bread etc.
- 2. Ensure fresh produce is at eye level** for easier access
- 3. Create a shopping list** - keeps you in check to avoid any temptations
- 4. Use smaller plates and bowls** - helps control portion to reduce calorie intake
- 5. Shop around supermarket perimeters to avoid shopping in the snack aisles** (these tend to be located in the middle aisles)
- 6. Avoid shopping when hungry** - your cravings could lead to unhealthy decisions or bingeing

[Source](#)