

BARRIERS TO CHANGE



<https://eatfoodnutrition.ca>

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If you have ever tried to change the way you eat, you know it is WORK. Maybe willpower was enough to sustain your effort for a while, but eventually things went back to how they were because you reached a barrier. Acknowledging your barriers might open the way for you to finally reach your goals. A registered dietitian can help. We start with a personalized assessment, make SMART goals with actionable steps, provide evidenced based resources, support and accountability for long term success. Take this quiz to see if you might be experiencing one of these common barriers to change:

N°	Common Barriers to Change	<input checked="" type="checkbox"/>
1	Too busy to cook (organize and streamline groceries, meal plan and prep)	<input type="checkbox"/>
2	Cost (stretch food budget by meal planning, prep, batch cook, sale shopping)	<input type="checkbox"/>
3	Childhood or adolescent dieting (influencing my adult food relationship)	<input type="checkbox"/>
4	Restrict and binge cycle (limiting a food only to unintentionally eat it later)	<input type="checkbox"/>
5	Limited cooking skill or desire (eating out, convenience food, kitchen failures)	<input type="checkbox"/>
6	Confused by social media “experts” (butter? tallow? margarine? seed oil?)	<input type="checkbox"/>
7	Negative body image (desire to lose weight can lead to many other barriers)	<input type="checkbox"/>
8	Eating disorder or disordered patterns of eating (diagnosed or not)	<input type="checkbox"/>
9	Food obsession (always thinking about food, counting calories, seek or avoid)	<input type="checkbox"/>
10	Unaware of hunger and fullness cues (eating past comfortably full)	<input type="checkbox"/>
11	Sensory, texture, or taste aversion (leading to selective eating, limited variety)	<input type="checkbox"/>
12	Food insecurity (unsure when food will be available, overeating when it is)	<input type="checkbox"/>
13	Attaching value to food (labeling food as good, bad, fattening)	<input type="checkbox"/>
14	Partner or children eat differently than me (lack of support)	<input type="checkbox"/>
15	Other:	<input type="checkbox"/>