



3 popular reasons stopping people from eating healthy

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When asked folks why don't they eat healthy I usually get the following replies

I want to eat healthy but...

- I don't have time
- I don't know where to begin
- I cannot control my cravings for junk food

Let's tackle each of those problems:

I don't have time

This is a common and genuine reason. I call it genuine because it is indeed difficult to devote time exclusively to learn healthy-eating.

Most of us fail because we *think* it takes a lot of time and we'll have to compromise on tasks with higher priority. Thankfully, that is not the case.

Understand that healthy-eating is a skill. And like any skill, it takes time to develop it. We don't approach it as a skill and hence want to master it overnight. As a result, we get overwhelmed and give up. It is like learning to play a musical instrument overnight.

As mentioned, approach healthy-eating to learning a new skill e.g. learning to play a game. You first learn just the basic rules and begin playing. This is doable with most of us. Then the only task is to stick to it. If we get regular positive feedback then sticking around is a breeze. On the contrary, we get addicted and want to play more.

However, I won't deny that it will still take a small amount of commitment from your side. But isn't that the case with any meaningful skill in life.

I don't know where to begin

Like the previous reason, this one is also genuine. With so much knowledge around it is hard to trust the authentic ones. In addition, with so many failure stories in real life, we begin to doubt if the knowledge around is genuine in the first place. And the result, we are paralysed to even begin though we have our best intentions.

In my opinion, the best knowledge is the knowledge straight from the horse's mouth. What do I mean by this? Knowledge straight from real people. Once we have that, then we evaluate if it vibes with our personality i.e. the knowledge resonates with our reasoning and our gut says we can do it.

So find real people who have gone through the journey and achieved success. They have a goldmine of distilled info that works! Listen to their story of hardships and joys. Then see if their journey can be your journey. Don't go on that journey just because the other person was successful. Remember, any great journey takes time and effort. And once the initial fancy fades it will be a tough and a non-glamorous road ahead. Therefore, reason with yourself before you begin. The answer would be in how it feels. If it feels right then go for it irrespective of the logic. Nevertheless, take a leap of faith and go for it. Don't be stuck in the analysis-paralysis phase.

In my experience, if you can find just 3-4 people who have gone through the journey then you are good. Try their methods and you'll definitely get the one that works for you.

I cannot control my cravings for junk food

I believe this to be a case of a bad habit. And thankfully, habits can be changed. You won't be able to change your habits overnight. However, the bigger problem is "Why" you would change a habit. There has to be a very strong reason for it. In this case, we are aware of the problem and that's half the battle won. The second half is "How" can you change a habit? Well, the best way to change a habit is to perform the new habit repeatedly. So set yourself a realistic goal like eating one healthy meal every alternate day. Then repeat it. Overtime, increase the difficulty. Instead of having, one healthy meal on an alternate day make it one healthy meal everyday. The only thing that can stop is from forming a new habit is your own indiscipline. So set yourself realistic goals and adhere to it. Some amount of effort would be required from your end. There are no free meals in any business

James Clear is the best source for forming new habits. Please visit his site for more info.
<https://jamesclear.com/>

In my experience, I have found sugar to be addictive. And most of the junk and processed foods contain sugar. Now addiction is different from habit. So if you are into heavy sugar consumption either directly or indirectly through food than I would suggest approaching quitting junk food as quitting an addiction. A very good resource I would suggest is the [book by Allen Carr](#). Try it!

Bonus!

A tricky reason stopping people from eating healthy –

I think I am already eating healthy

This one is amusing. And the answer lies in the statement itself. Notice the word "think". The person is *guessing* that he/she is eating healthy. If the person was sure they'd say "I eat healthy and I know it" or something confident on those lines.

The perception of healthy is skewed for most people. One of the ways people *guess* their health is through their weight. They think that if they are not overweight or underweight then they must be healthy. When we dig a little deep into their everyday meals we realise it isn't the case. They may have correct weight but their meals lack nutrition. In the long run, this will definitely cause

problems.

The good news is that healthy-eating is no rocket science. I recommend people to stay away from diets and eat-this-not-that kind of advice. I am not exaggerating when I say, “You can literally eat anything and everything and still be healthy.” By just understanding the very basic of healthy-eating we get 80% of the work done; Pareto-principle in play!

I request you to spend 33 minutes and go through my [Free Smart Healthy-Eating Program](#). It will solve the above problems and put you on the right path to learning this life-skill. Happy Eating

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