



Healthy Eating: Strategies for Eating Alone¹

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Eating alone may not always be our first choice, but there are many ways to make eating alone more enjoyable. Examples include listening to music or a book on tape, watching television, calling a friend or family member, choosing pleasant lighting, or eating outside in the fresh air. Can you find the following strategies in the word search below?

Music • Book • Television • Phone • Lighting • Outside

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Figure 1. Try eating outside in the fresh air.

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