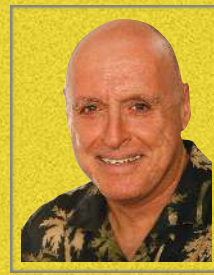


# THE EXTRA POINT

BY JERRY ROBERTS



## # 523 Ideas For Starting to Eat Healthier

Changing how we eat is a deep cultural issue and that's how we have to approach it if people are going to become healthier. I'm Jerry Roberts and today we finish our series on eating for better health, with what to do if we really want to make this happen. That's next on The Extra Point.

Google feeds 195,000 people every day, often twice per day. In the last 21 years of feeding their workers and experimenting on the healthiest ways to do that, what they've accomplished hasn't gone unnoticed.

Their ideas are now showing up in school cafeterias and in the U.S. military. Motivated by projections that by 2030, 64% of potential recruits would not qualify for service because of their weight, the military created a one-year demonstration program at 14 pilot sites.

With all the effort to build and refine their process, Google has learned something very important, and it is, in fact, the foundation of the success for their better eating initiative.

That in order to make this work and get people to eat less of the foods that can harm them, the healthier foods have to taste good. Imagine that. This is why top professional chefs have been brought in to run Google's kitchens. The food has to be good, or workers will go find something else to eat. We won't get people in Guam to give up or at least minimize foods that negatively impact their health until they have substitutes they like.

We're up against decades of eating a certain way and I've heard a lot of people say things like, "If it was good enough for my grandparents and parents, it's good enough for me and my family." That's a tough position to counter, except for the fact that the typical local diet is proven to lead to disease and many of us have seen family members affected. Even so, the food part of island culture wins out. Not enough people have made changes we know

are necessary. Are you open to those changes? If you are, here are a few ideas that can help:

1. Download Extra Points #520, 521, 522, and 523. Use the ideas Google has tried.
2. Don't try to give everything up at once. Going "cold turkey" as they call it is extremely hard. An individual might be able to do it if highly dedicated, but trying that in a family is almost always a losing proposition. Start with one dinner a week, or maybe Sunday breakfast. Companies might schedule a healthy lunch once a week, with workers bringing in food.
3. For regular work day lunches, there are restaurants like Heavenly Veggies in Tamuning or Simply Food in Agana Heights, in addition to many other places that are offering more plant-based choices.
4. Focus on good tasting foods. Experiment a little to build variety.
5. If all goes well, increase to two meals a week and steadily grow your program.
6. Support each other, both in the family and coworkers who want to improve their health. If somebody is trying to make it work, don't mess them up by offering unhealthy stuff. Come on.
7. Look for small victories. Does the better diet help someone lose weight, and maybe eliminate certain medicines? Then celebrate! That'll give you momentum to keep it going. You can do it.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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