

Challenge	Ways to Cope	Other Ways to Cope
<p>I don't like the way this food tastes.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Substitute ingredients in your favorite dishes to make them healthier. <input type="checkbox"/> Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta. <input type="checkbox"/> Choose good quality items. <input type="checkbox"/> Choose items with a variety of flavors, textures, scents and colors. <input type="checkbox"/> Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful. <input type="checkbox"/> Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt and salsa. <input type="checkbox"/> Grill or roast veggies and meat to bring out the flavor. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____
<p>It's unpleasant, boring, hard to shop for, cook or eat this way.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Shop, cook and eat healthy with people whose company you enjoy. <input type="checkbox"/> Learn new cooking methods and recipes from books, articles and videos, or take a healthy cooking class. <input type="checkbox"/> Try new ingredients. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____