8 ways to establish long-term healthy eating habits:

1. Make it effortless

47% of behaviours repeat daily. Source https://www.researchgate.net/publication/315552294\_Habits\_Across\_the\_Lifespan

1. Be realistic

Set goals which can be achieved, not aim too high and start by making small changes

https://blog.myfitnesspal.com/67-science-backed-weight-loss-strategies/

1. Start with less

Start with small goals which are easy to achieve

1. Remove the obstacle

Avoid activities that might make you derail habits

1. Stack the deck in your favour

Remove all unhealthy food to avoid it

1. Stumble might prevent a fall

Cheat day

1. Take a break