

Some hints to help you *Eat Healthy*



When you decide to try to eat healthier:

1. Pick short term goals, and write them down.
2. Make one or two changes at a time. Make them easy to start.
3. Eat until satisfied, not until stuffed.
4. Know your excuses for not eating healthy.
5. Avoid a second helping of food at a meal.
6. Take your time. Eat slowly, and enjoy your food.
7. Keep a food diary to see where you can make changes in your eating habits.
8. Ask your doctor or dietician for information tailored to your needs.
9. Eat more fruits, vegetables, whole grains and low fat dairy products. These are good for you, and help fill you up.
10. Drink a glass of water before eating.
11. Drink water, diet sodas or artificially sweetened drinks instead of sugar-sweetened drinks.
12. Get rid of snack foods high in calories, fat and sugar. If you don't have these available, you won't be tempted.
13. Shop in the outer aisles at the grocery store where milk, vegetables and other healthy foods are located. Avoid the center aisles where the junk and less healthy food is located.
14. Have healthy snacks easily available.
15. Broil, bake, steam or grill your food instead of frying it.
16. Choose lean cuts of meat. Cut off visible fat.
17. Plan snacks and meals ahead of time.
18. Avoid alcohol.

Remember... Perseverance is not a long race. It is many short races, one after another.