

## HEALTHY EATING TIPS

- 1. Order or prepare a side salad** (with low-fat, low-cal dressing) or fruit dish with each meal to help you get the recommended nine servings of fruits and vegetables each day.
- 2. If you don't have fresh vegetables on hand, choose frozen vegetables over canned.** Canned vegetables are high in salt and have fewer nutrients than frozen.
- 3. Put your meal on a salad-size plate rather than a dinner plate.** A full plate can help you feel more satisfied.
- 4. Find and learn at least three quick, easy, and healthy recipes** that you can throw together on a busy weeknight.
- 5. Ask family members to support your efforts to achieve a healthy weight.** Then go through your cupboards and refrigerator together to get rid of junk food, unhealthy snacks, and other temptations.
- 6. Plan out your meals each week, including breakfast, lunch, dinner, and snacks.** This way you'll never be tempted to just order pizza or fast food because you'll know exactly what to make and you'll have the ingredients on hand.
- 7. Avoid fad diets.** Research shows that while fad diets, such as the Atkins or the South Beach diet can help you lose weight, they are often hard to stick with. Instead, focus on overhauling your eating patterns for a lifetime of health.
- 8. Don't skip breakfast!** A bowl of instant oatmeal topped with berries is a quick and easy way to fill up with healthy grains and berries without taking in too many calories or fat.
- 9. Substitute white flour products with whole grains.** Start buying whole wheat bread, brown rice, wheat or multi-grain crackers and bagels, and whole wheat pasta.
- 10. Stock your desk at work with healthy snacks and meals.** Good choices include nuts (but remember, a small handful of nuts is a whole serving), low sodium soups, fruit, whole wheat crackers, low-fat yogurt, or cut-up vegetables with hummus.
- 11. Keep a food journal.** Research has shown that people who write down everything they eat tend to lose more weight more quickly than those who don't.
- 12. Don't let a slip-up throw you off track.** Don't give up after a bad eating day or beat yourself up about it. Just promise yourself that you'll get back to healthy eating tomorrow.

- 13. Plan ahead.** If you know you'll be on the road for lunch, pack something healthy. If you'll be eating in a restaurant, think about what you can order before you get there. If you're going to a party, have a snack before you get there so you're not tempted.
- 14. Prepare two vegetables sides with your dinner instead of a starch and a vegetable.** This will help you eat more vegetables and probably save you fat and calories.
- 15. Be patient.** Don't expect dramatic results. It's normal to lose as little as a pound a week or sometimes less when you're on a diet. Try to be patient and focus on your eating habits rather than looking for a quick fix.
- 16. Eat snacks.** Snacks really are part of a healthy diet. Healthy snacks help you maintain your energy level throughout the day and avoid overeating during meals.
- 17. Learn and practice portion control.** Find out what a single serving size really is for most of the foods you eat and then limit yourself to that amount.
- 18. Don't deprive yourself of favorite treats.** Instead, allow yourself very small portions of your favorites on an occasional basis. This will help you feel satisfied without going overboard.
- 19. Practice stopping eating before you are stuffed.** It can take a while for the stomach to send the brain the message that you've had too much to eat. Pay attention to your body and learn to stop before that point.
- 20. Learn to make healthy choices when eating out.** Pay attention to how dishes are prepared and make good choices. Words like braised, baked, grilled, broiled, or poached are good indications that the item is prepared in a healthy way. Avoid fried, breaded, or "crispy" items, and ask for sauces and dressings on the side.
- 21. Choose mustard instead of mayonnaise on sandwiches.**
- 22. Cut fruit juices with water or club soda to limit calories.**
- 23. Look for convenient healthy foods in your grocery store,** such as single serving low-fat dips, pre-cut fruits and vegetables, and bagged salads.
- 24. Start a meal with soup.** As long as it's not cream-based, soup is a very healthy way to feel satisfied and can keep you from overindulging for the rest of your meal.
- 25. Aim for a variety of foods.** One good way to vary your diet is to eat by colors. Try to eat several different colored foods at each meal. For example, if you're having a grilled chicken breast, pair it with green beans and yellow squash and follow up with fresh watermelon for dessert.