Live Well, Eat Well

Eating right can be easier when you focus on good daily habits.

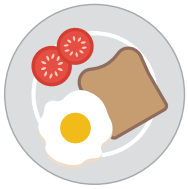
Why is eating well important to me?

- Increase energy
- Improve your mood
- Do things I love to do
- Avoid chronic illness
- Maintain healthy weight

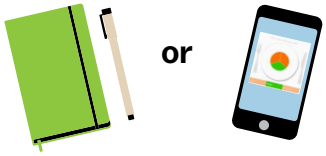
What do I choose to do?

Enjoy your food just eat less of it

Use a smaller cup, bowl, and plate



Keep track of *how much you eat and how you feel*



Pay attention

Don't eat *in front of a screen* or *out of the bag*



Limit sugar with these simple tips

Cut out sweetened drinks



Drink water instead

Avoid sugary desserts

Eat fruit, cheese, or nuts instead



Avoid processed, fast food, and junk foods



Eat fresh food instead

Eat more fruits and vegetables

Aim for 5 to 10 servings every day



Fill half your plate with fruit and veggies

Include protein at every meal, including breakfast

How you eat helps

- Enjoy meals with friends and family
- Enjoy every bite
- Stop before you're full



Other healthy foods

- Whole grains
- Lean meats and fish
- Nuts, seeds, beans



All foods shown are examples—you can pick your own.

You Can Learn to Eat Well

To learn to eat well, you need to **experiment** to find what works best for *you*.

Pick something you want to do now.

I want to try: _____

Be honest with yourself about what you are really ready to work on.

You'll learn by what works for you by trying and creating your own formula. Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward your goal.

_____

_____

_____

Connect this step to a prompt or reminder.
(Keep fruit on the counter where you'll see it?)

_____

_____

Prepare

What resources could help?
(Time? Recipes? Menu?)

_____

Who will support you?
(Family member? Dietitian?)

_____

What changes to your environment would help?
(Remove sugary foods and drinks from your home?)

_____

_____

Think ahead

What might get in the way or make this harder?

_____

What can you do when that happens?

_____

What will inspire you to keep going and have fun?

_____

_____

Keep trying and learning!

2 Act and Track. Try out your step for a defined period.

Start date: _____

Review date: _____

How will you keep track of what you do? _____

Who will you be accountable to? _____

3 Reflect and Adjust. You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

What will be your next small step? _____

Be sure to celebrate what you did and what you learned!

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