

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

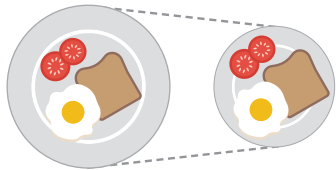


Maintain healthy weight

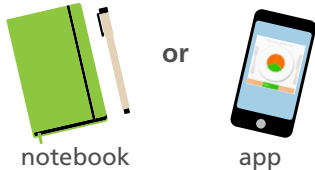
What do I choose to do?

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

Cut out sweetened drinks



Drink water instead



Avoid sugary desserts



Have fruit, cheese, or nuts instead



Avoid processed, fast, & junk foods



They often have hidden sugars, fats, and salt

Have fresh food instead



How you eat helps

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



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.

Other healthy foods

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



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?

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

Start date: _____ How will you keep track of what you do? _____

Review date: _____ 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!

Keep trying and learning!

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