**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

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*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.

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.

<table>
<thead>
<tr>
<th>Pick a small step</th>
<th>Prepare</th>
<th>Think ahead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pick a small step toward your goal.</td>
<td>What resources could help?</td>
<td>What might get in the way or make this harder?</td>
</tr>
<tr>
<td></td>
<td><em>(Time? Recipes? Menu?)</em></td>
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<tr>
<td></td>
<td>Who will support you?</td>
<td>What can you do when that happens?</td>
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<td></td>
<td><em>(Family member? Dietitian?)</em></td>
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<td></td>
<td>What changes to your environment would help?</td>
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<tr>
<td>Connect this step to a prompt or reminder.</td>
<td><em>(Remove sugary foods and drinks from your home?)</em></td>
<td>What will inspire you to keep going and have fun?</td>
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<tr>
<td><em>(Keep fruit on the counter where you’ll see it?)</em></td>
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</tbody>
</table>

## 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!**

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