

# HOW TO MAKE LASTING CHANGES FOR A HEALTHIER YOU

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## Start with taking a look at your eating habits.

- ☐ Are your meals well-balanced?
- ☐ Do you know what a healthy meal should be?
- ☐ Do you eat mindlessly (for example, eating too fast or while watching TV)
- ☐ Do you eat when feel sad, lonely, happy, anxious?
- ☐ Do you think healthy food is too expensive?
- ☐ Does it seem like it takes too much time to eat well?
- ☐ What are your drinks and snack choices?
- ☐ Do you feel in control of your eating habits?


## Next, make small, specific changes that can evolve as you become more confident with eating.

- ☐ Add one extra serving of vegetables to your day.
- ☐ Replace meat with beans in one recipe a week to cut on cost.
- ☐ Take a 5 minute walk rather than eating when stressed.
- ☐ Drink one extra 8 oz. cup of water per day.
- ☐ Try a new seasonal fruit each week.
- ☐ Eat one less nutritious food choice a week. (such as one soda, candy bar, or serving of fries).

Keep asking yourself questions until you have a good picture of what you would like to change.

Now begin to replace these with one or two things in the next sections you can start doing today.





Find the foods and behaviors that will make eating enjoyable and easy to continue practicing. Choose healthy foods that are tasty to you!

Remember, there is not one eating plan that works best for everyone.

You are unique and what works for you is special to you. You will find the most success by not comparing yourself to others.

### **Reinforce and be patient.**

- Each week look at your goals and adjust as needed.
- Some goals can be added to (such as increase from 1 to 2 servings of vegetables a day) while others may need to be cut down (walk 30 minutes to walk 20 minutes a day.)
- Have patience with your goals.
- Each day take the time to recognize the one thing you did towards becoming a healthier you.

**Each day you try you are one step closer to making a change.**

**One day that change will become a habit, and over time that habit will become your way of life.**

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