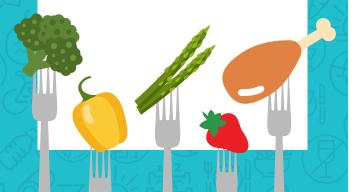
Tips for changing your eating habits

Circle one or two that sound helpful.

- Schedule regular meals and snacks.
- ✓ Use a smaller plate.
- **✓** Try to INCREASE:
 - · Lean protein
 - Fruits and vegetables

✓ Try to EXCHANGE:

- Fast food meals for lunch packed from home
- Sugary beverages, juice, and regular soda for water
- Snack chips for carrot sticks or an apple
- Desserts and other sweets for one snack-sized piece of chocolate
- Butter and meat fats for extra virgin olive oil
- Keep junk food out of the house
- ✓ Keep track of your progress on a food diary or smart phone app (e.g., Sparkpeople, My Fitness Pal).



MY GOAL FOR THIS WEEK

We want to partner with you to help you make healthy choices!

Small changes to your eating habits can be really helpful if you are consistent! If you wish further support, ask your primary care provider about meeting with a dietitian.





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My plan for healthy eating

Healthy eating has many benefits such as:

- Lower risk of disease
- Easier to manage your weight
- More energy
- · Improved mood



Why is it important to you to make healthier choices regarding food?

2	
3	
	makes it hard for you to make ny choices?
1	
2	
3	

There are many ways to change your eating habits. Thinking about how you structure food on your plate can be helpful:



Check some foods that you could try in each of these categories.

Protein			
☐ Lean meat (be pork)	eef,	☐ Beans a	-
☐ Chicken or tu	rkev	salmon	1
☐ Nuts and seed	_	□ Eggs	
☐ Fish and seafe			
Fruits (fresh, fi	rozen, or	· canned)	
•	. 02011, 01	•	
☐ Apples	☐ Grape	es [] Melons
☐ Pears	☐ Oran	ges 🗆] Peaches
☐ Bananas	☐ Berrie	es	
Vegetables (fre	sh, froze	en, or can	ned)
☐ Leafy greens		☐ Carrot	S
☐ Green beans		Onion	S
☐ Broccoli		Peppe	
☐ Cauliflower		☐ Tomat	
Grains or Starc	hes		

☐ Potatoes ☐ Tortillas

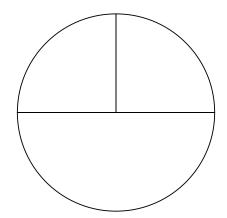
□ Oatmeal

□ Rice

□ Bread

☐ Pasta

Plan one meal using this blank plate:



Don't skip meals! Skipping meals can leave you low on energy and make healthy choices more difficult. Plan to eat at least three meals per day.

For	at do you need to do to be successful example, I am going to eat one less fast l meal and bring a lunch from home.