

Eating HEALTHY



We hear a lot about eating healthy in today's society. And, it's for good reason. Eating healthy can better your chances of avoiding health issues, such as

- Heart Disease
- Stroke
- Osteoporosis
- Type 2 Diabetes
- High Blood Pressure
- Some Types of Cancer

Even though we know this logically, it's hard to change unhealthy eating habits. Our body craves the "bad stuff". The good news is, it is not impossible to change. Start with the **little things** and soon you will notice a **big difference**. Here are some ideas to help you get started:

By gradually weaning your body off of bad foods, you will be more likely to stick with it. Put one teaspoon of sugar in your coffee for a week instead of two teaspoons. The next week, try putting only a 1/2 teaspoon, until eventually you will get used to no sweetener.

We tend to load our plate with more than we need. By watching your portion sizes, you can help cutback on overeating. Check out this helpful guide for great ways to know your portion sizes: <http://www.webmd.com/diet/healthtool-portion-size-plate>.

Don't go it alone. Having the support of your family and friends can go a long way to helping achieve your goals.

We tend to eat what we have available to us in our homes. Next time you are at the store, skip on the chips and purchase a healthy alternative like veggies and hummus. Try to purchase one healthy item in place of an unhealthy item each time you shop until you are stocked with foods that taste great and are good for you!

DON'T
GO COLD
TURKEY

WATCH
PORTION
SIZES

GET SUPPORT

PURCHASE
THE RIGHT
FOODS

Sources

- Web Md. "Healthy Eating: Benefits of a Healthier Diet." *Healthy Eating - Overview*.
URL: <http://www.webmd.com/food-recipes/tc/healthy-eating-overview>
- Web MD. "Portion Size Plate - Recommended Serving Sizes for Portion Control." *The Web MD Portion Size Plate*.
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