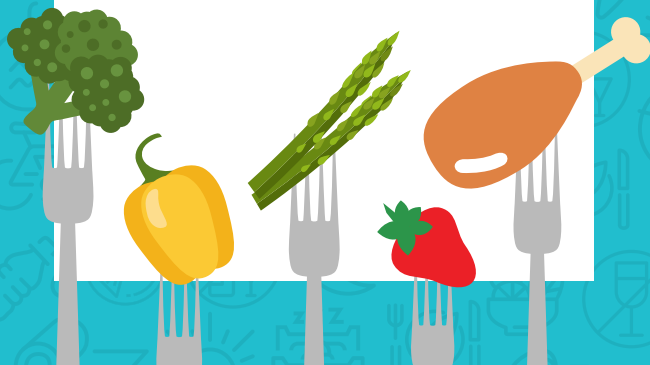


Tips for changing your eating habits

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.



Healthy Eating



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CHANGE that
MATTERS

Promoting Healthy Behaviors

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?

1. _____
2. _____
3. _____

What makes it hard for you to make healthy 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

- | | |
|---|--|
| <input type="checkbox"/> Lean meat (beef, pork) | <input type="checkbox"/> Beans and peas |
| <input type="checkbox"/> Chicken or turkey | <input type="checkbox"/> Canned tuna, salmon |
| <input type="checkbox"/> Nuts and seeds | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Fish and seafood | |

Fruits (fresh, frozen, or canned)

- | | | |
|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Grapes | <input type="checkbox"/> Melons |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Oranges | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Berries | |

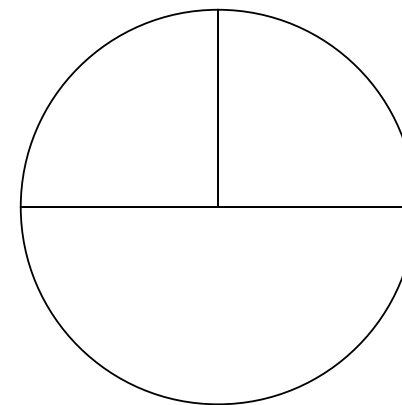
Vegetables (fresh, frozen, or canned)

- | | |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Leafy greens | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Tomatoes |

Grains or Starches

- | | | |
|--------------------------------|------------------------------------|----------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Tortillas | <input type="checkbox"/> Rice |

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.

What is one change you will make in the next couple weeks?

What do you need to do to be successful?

For example, I am going to eat one less fast food meal and bring a lunch from home.

Who can help you eat healthy foods?
