

Quick Steps to Healthy Eating

- 1. Forget the fads:** Diet fads come and go – without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?
- 2. Be realistic:** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget, and your cooking skills.
- 3. Make a commitment:** Write down important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with friends or family.
- 4. Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.
- 5. Be consistent:** The human body responds well to consistency. If you decide to eat breakfast, make eating breakfast part of your daily routine – rather than an occasional thing.
- 6. Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, make a plan with 21 breakfast menus you'd love to eat.
- 7. Be flexible:** Life is full of surprises, and plans need to change. If an early meeting makes breakfast at home impossible, you need some alternatives, like desk-fast at work.
- 8. Be creative:** Make a list of all the possibilities – like all the breakfast options that you enjoy: at home, in the car or on the bus, at work, or from a vending machine.
- 9. Stock up on options:** Once you have a list of possibilities, stock up. Fill your cupboards, car, and desk drawers (anywhere you might eat breakfast) with healthy options.
- 10. Plan ahead:** When situations pose problems, make a healthy plan. Have a meeting where giant cinnamon rolls are served? Plan to eat 1/2 of a roll; bring cheese and fruit with you.
- 11. Forgive yourself:** Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no biggie. Just get back on track ASAP.
- 12. Congratulate yourself:** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.