



HEALTHY EATING TIPS AND TRICKS

- ✚ Follow the “Healthy Eating Plate” model (see above)
- ✚ Try to keep track of your food and exercise in a diary
- ✚ Eating fruits and veggies can help you feel full and lose weight
- ✚ Swap highly processed refined grains and sugars for whole grains
- ✚ Remember to eat breakfast – it’s an important part of starting the day!
- ✚ Avoid eating out multiple times a week
- ✚ Enjoy healthy snacks, like a yogurt with fruit, or a small portion of nuts with an apple or banana
- ✚ Cut down alcohol consumption
- ✚ Pay attention to portion sizes – try to reduce your portion size by 10%!
- ✚ Avoid juice and regular soda
- ✚ Remember to be active!