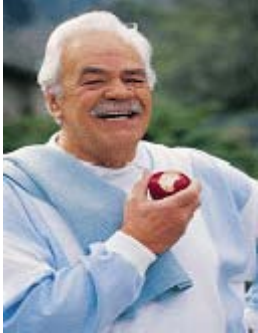


How Do I Get Started With Changing My Eating Habits



- Set short-term goals and write them down.
 - Make one or two changes at a time and start with something easy.
 - Tell yourself to eat until you are satisfied, not until you are stuffed.
- Take your time, eat slowly, and enjoy your food.
 - Keep a food record to help you see where changes can be made.
 - Consider some of the following to get started:
 - Eat more fruits, vegetables, whole grains, and low fat dairy products. These are good for you and help to fill you up.
 - Drink a glass of water before eating.
 - Drink water, diet sodas or artificially sweetened drinks instead of sugar-sweetened beverages.
 - Get rid of snack foods high in calories, fat, and sugar. If you don't have these foods available, you won't be as tempted.
 - Have healthy snacks easily available.
 - Broil, bake, steam or grill your food instead of frying it.
 - Choose lean cuts of meat; cut off visible fat.
 - Plan snacks and meals ahead of time.
 - Avoid alcohol.

