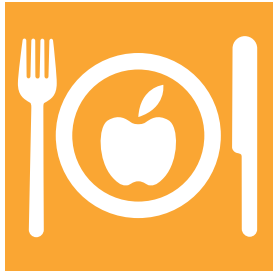


Action plan for healthy eating



How to reach your goal of healthy eating

Every day:

- Make half your plate fruits and vegetables
- Slow down and enjoy your food. Pay attention to when you feel hungry or full
- Drink water instead of sugary drinks
- Eat mostly whole grains instead of white flour, white rice or other refined grains
- Avoid large portions
- Compare salt (sodium) on food labels and choose the foods with lower numbers
- Switch to fat-free or low-fat (1%) milk

What are the benefits?

Healthy eating is good for everybody—not just people trying to lose weight. It is not always easy, but even small changes, over time, can add up and improve your health. Eating healthier can help you:

- Feel less tired and have more energy
- Keep a healthy weight or lose weight
- Prevent or control on-going diseases, such as:
 - High blood pressure
 - Heart disease
 - Stroke
 - Diabetes
 - Cancer
 - Osteoporosis (bone thinning)

Did you know?

- Frozen fruits and vegetables usually have as many nutrients as fresh
- Brown rice has more fiber than white rice
- Most fruit drinks, iced teas and vitamin waters have large amounts of added sugars

What's stopping you from eating healthier?

Does this sound like you?	Tips to help you succeed
"Healthy food will not taste good."	Try different fruits and vegetables to find the ones you like.
"I don't have enough time to make—or money to buy—healthy foods."	Save time and money by planning ahead. On the weekends, fix food for the week. Look for healthy foods that are on sale.
"I don't like making changes."	If you cannot give up an unhealthy food item, limit how much and how often you eat it.

Take the first steps to eating healthy.

Choose one or two of the steps below or write in one of your own.

- Snack on fruit instead of candy bars or cookies
- Have at least one cup of vegetables (cooked or raw) at dinner
- Choose 100% whole-wheat bread instead of white bread
- Instead of soda or juice drinks, drink water or tea without sugar
- When eating out, eat only half of the food on your plate. Bring the rest home for another meal
- Pack your lunch one day a week instead of eating out
- Take at least 20 minutes to eat every meal
- _____

My first healthy eating step: _____

My start date: _____

Track your progress on the healthy eating calendar.

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