

Food Habit Changes in Your Daily Life

TIPS TO HELP YOU EAT WHOLE GRAINS

- Try brown rice or whole-wheat pasta
- Use whole grains in mixed dishes
- Create a whole grain pilaf
- Substitute whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes
- Use whole-grain bread or cracker crumbs in meatloaf
- Use rolled oats or crushed, unsweetened whole grain cereal as breading
- Snack on ready-to-eat, whole grain cereals
- Add whole-grain flour or oatmeal to cookies
- Try a whole-grain snack chip
- Popcorn, a whole grain, can be a healthy snack

TIPS TO HELP YOU EAT VEGGIES

- Buy fresh vegetables in season
- Cook frozen vegetables in the microwave
- Buy vegetables that are easy to prepare

TIPS TO HELP YOU EAT FRUIT

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator at eye level
- Refrigerate cut-up fruit to store for later
- Buy fresh fruits in season
- Keep cans of juice-packed fruit in your refrigerator door

CONTROLLING YOUR ENVIRONMENT

Be Strategic At Home

- Keep healthy options both available and accessible
- Modify favorite recipes
- Introduce new foods
- Experiment with cooking and seasoning foods

Be Strategic At Work

- Keep healthy options both available and accessible
- Avoid “snack areas” with high calorie, less healthy options
- Model healthy options
- Make your wishes known to those purchasing and preparing food
- Changing Portions at Home Eat off smaller plates
- Drink out of smaller glasses
- Intentionally measure or estimate food portions at least once per week
- Serve meat already sliced or diced instead of serving “hunks” of meat
- Fill the plate with lots of vegetables

CHANGING PORTIONS-EATING OUT

- Ask for a “to go box” to be brought to you when your meal is served
- Share an entrée and add an extra salad
- Ask for half portions
- Avoid “all you can eat” options

CHANGING PORTIONS-SOCIAL OR “PUBLIC” EVENTS

- Eat something before you go
- Take time to examine your options before you choose
- Carry a glass of water (plain or carbonated) and add a slice of lemon and ice (Your hands are too full to take snacks)
- Never accept food from anyone