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Changing Eating Behavior for Good

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Health & Wellness
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Objectives

- Visualization exercise
- Top ten tips for healthy eating
- Rate your behavior "0-10"
- Analyze results
- Pick your 2 lowest scoring behaviors
- Set you SMART goal(s)

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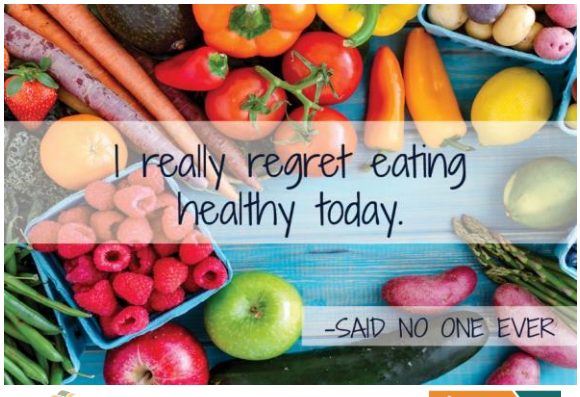

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Tip #1: Eat Breakfast

- Breakfast can make or break a diet
- Jumpstarts metabolism for the day
- Less likely to overeat at lunch
- Within an hour of waking
- Cut back on the morning coffee
  - Natural appetite suppressant

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Tip #2: Eat at Least 3 Meals a Day

- Don't skip meals
- Skipping meals:
  - allows our metabolism to slow
  - causes us to over eat at our next meal
  - leads to increased fat storage
- Eat around the same time every day
- Eat bulk of calories earlier in day
- Incorporate healthy snacks

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Tip #3: Eat Your Fruits & Veggies

- 5 servings/day
- Low calorie
- Fiber
  - Feeling of fullness, reduces hunger and cravings, controls blood sugar
- Antioxidants
  - Reduces risk of chronic disease and some cancers, promotes healthy aging
- Phytonutrients, Trace Minerals
- Supplements **DO NOT** count!

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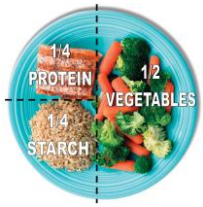
Tip #4: Practice Portion Control

- Plate method
- Measure and weigh
- Compare to objects
- One serving only
- Use smaller plates/bowls



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Tip #4: Practice Portion Control

- Drink water before a meal
- Eat an apple
- Pre-package/single serving packs
- Listen to your body

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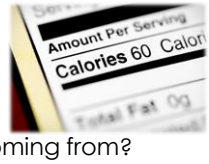
Tip #5: Know Your Calories

- How many do you need a day?
- How many are you consuming a day?
- Food Journaling/Tracking
- Free Food Tracking Apps
  - MyFitnessPal, Lose It, Fitbit
- Where are your calories coming from?



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Tip #6: Read Food Labels

Old

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Tip #7: Healthy Meals & Snacks

- Nuts
- Fruit (Dried Fruit)
- Whole grain crackers
- Popcorn
- String cheese
- Yogurt
- Tuna
- Oatmeal and whole grain cereal
- Natural peanut or other nut butter
- Individually wrapped dark chocolate

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Tip #8: Don't Buy It, Don't Give In, Don't Bring it Home

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Tip #9: Mindless Eating

Eating while

Driving, talking, texting, working, watching television, boredom, loneliness, tension/stress, anxiety, depression, habit, reward

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Tip #10: Eating Out

- Choose your restaurant wisely
- Eat an apple and drink water
- Share a meal
- Ask for a box BEFORE the meal comes
- Ask for substitutions
- Order from starters or appetizer menu
- Order al a carte vs. platters and entrees
- Salads (dressing on the side)
- Put your fork down, take a drink of H_2O
- Eat lower calorie items first
- Place napkin on top of plate when finished
- Look menu up online prior to arriving

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Recap

- ✓ Eat breakfast
- ✓ Eat at least 3 meals a day
- ✓ Eat your fruits and veggies
- ✓ Practice portion control
- ✓ Know your calories
- ✓ Read food labels
- ✓ Incorporate healthy snacks
- ✓ Reduce or eliminate fast, junk, and buffet style foods
- ✓ Practice mindful eating
- ✓ Incorporate healthful tips when eating out

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SMART Goals

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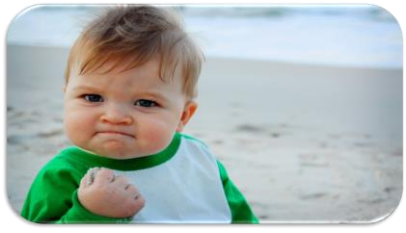
SUCCESS



…because you too can own this face of pure accomplishment…

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For more information

Western Health Advantage members can find more healthy living tips at

mywha.org/healthyliving

Check with your health plan's wellness page for healthy living resources.

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