

# Tips for Healthy Eating

by Jill, RN at Community Health Center

**Look at every meal: Make it BALANCED!** A healthy meal includes fresh fruits and vegetables, whole grains, low-fat milk products, lean meats, poultry, fish, beans, eggs, nuts, and is low in fat, salt, and added sugar.

**Drink WATER!** Drink pure water throughout the day and a glass 30-minutes before each meal. Soda, flavored coffees, smoothies, and juice can be high in calories, sugar, and fat.

**ENJOY your food!** Chew slowly and put down your fork between each bite. Think about how your food tastes, and limit other activities while eating, like driving or watching television.


**DECLUTTER your house!** Do not keep your own personal food temptations on hand. If you allow yourself a treat, remember moderation!

**Jill's TIPS for grocery shopping:**

- Make a detailed list and stick to it.
- Do not go when you are hungry or frazzled. This may reduce impulse buys.
- Wear a pair of pants to the store that would be more comfortable if you dropped a few pounds.

**WALK walk walk!** Find a far parking spot, drive half-way to work and walk the rest of the way, climb stairs, take an evening stroll. Walking is easy on the joints, and great for muscle strength and fitness. It enables you to visit with friends or family, think about your day, enjoy the spring flowers, or walk your dog.

**DO NOT GIVE UP!** It is extremely hard to change habits, so don't worry if you go against all of this advice on any particular day. Dust yourself off and try again, asking yourself how to avoid similar pitfalls in the future. By creating healthy habits (rather than by dieting), you will be contributing to your short-term and long-term good .




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