



UNHEALTHY EATING HABITS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Stop Unhealthy Eating Habits

'We are what we eat'. But we can break away from poor dietary habits.

There is no such thing as a '*good*' or '*bad*' food.

ALL FOODS CAN FIT into a healthy meal plan – with adjustments.

The keys are **MODERATION, BALANCE, and VARIETY**

Moderation: Eat only until you are satisfied.

Balance: Balance your calorie intake with your calorie expenditure

Variety: The more color on your plate, the more nutritional value and fullness value.

Remember 'Smart Snacking'

A healthy snack in mid afternoon can decrease fatigue, improve metabolism, and prevent overeating at the next meal.

Some simple healthy snacks include:

Fruit, whole grain bread or crackers, raw veggies, peanut butter, cottage cheese, yogurt, pretzels, 1% or skim milk.