

10 Tips for Healthy & Conscious Eating

Track everything you eat and drink

Write it down as soon as you finish so you don't forget! Include the type of food or beverage, amount, time, physical feeling of hunger vs. fullness, etc.

Eat more whole grains

Choose whole grains like brown rice and whole-grain pasta or bread instead of enriched, white products. Foods with more fiber can provide a feeling of fullness and also contain key nutrients.

Keep fresh fruits and vegetables handy

Buy plenty of fresh fruits and vegetables to keep on hand. Eat at least 2 servings of fresh fruits and 3 servings of non-starchy vegetables each day.

Enjoy less

Use smaller plates and bowls to help control the amount of food and calories you eat. Eat slowly and enjoy the taste of each bite.

Strengthen your bones

Include bone-strengthening foods in your diet like milk, cheese, spinach, yogurt, broccoli, and fortified non-dairy milk.

Choose calories you can chew

Drink more water instead of juice, sports drinks, soda, alcohol and specialty coffees. This will allow you to use your allotted calories on chew-able food.

Eat at the table

Turn off the TV, put down the book, and do not look at your phone whenever you eat. You are likely to eat more when snacking in front of the TV or computer.

Find a healthy eating pattern

Eat throughout the day beginning with a filling breakfast. Avoid "saving" your appetite for a huge meal. This can lead to binge eating and unhealthy choices.

Remove temptations

Keep "junk" foods and "trigger" foods out of the house. Enjoy fatty meats, fried foods, processed snacks, and sugary desserts as occasional treats.

Plan and prepare

Set aside some time each week to meal plan. Prep healthy meals and snacks in advance so that they are available when time is limited.

Preventing Weight Regain

Maintaining weight loss can be challenging for many, but it is not impossible.

Behavior change is an ongoing process. It is possible to progress, regress, and progress again toward a goal. Once the goal of weight loss is reached, setting new goals helps in maintaining that weight loss.

We have reviewed many topics and reasons for weight-gain and struggling with weight. Such factors have included:

- Eating Style
- Activity Level
- Mental Health

And there are other things that can influence weight, such as medical conditions, sleep, and stress.

Remember Your Goals

To stay on track, remember what you have been working on throughout this program:

1. Increasing your fruit and vegetable intake to at least 5 servings per day.
2. Limiting your portion sizes through meal replacements or pre-portioned meals.
3. Increasing your exercise to burn at least 2,000 calories in activity per week.
4. Tracking your food intake and exercise.
5. Changing behaviors through skill boosters.

While you may not be getting new skill boosters each week, try going through them again or making new ones for yourself to take yourself outside of your comfort zone. You could even focus on the ones that have helped you the most.

In addition to these goals, you should:

- Continue to communicate regularly with your healthcare providers.
- Remain up to date on health exams. Be a healthy role model to those you care about, especially your children.
- Continue to set new goals to further your health.
- Remember to eat consciously and mindfully.

Sources:
Nutrition & Dietetics (2016, 2017). National Institutes of Health (2018). Journal of Gerontology (2013). Cancer Epidemiology, Biomarkers, and Prevention (2017).

Staying On Track: Self-Evaluation

If you are struggling to stay on track, review the self-evaluation below and remember to update your action plan.

How did you get off track?

Maybe it was a party or feeling stress at home or work? What triggered you to fall off your plan? What can you do next time to keep from falling off?

What do you feel led to getting off track?

This could include trying to change too many things at once, celebrations or parties, needing to set aside time to plan, etc.

Break down the process into smaller steps.

Sometimes we set too big of goals at once. Try breaking down your larger goal into smaller steps to get to your bigger goal. For instance, if you want to run a marathon, try setting a mile or a 5k as a first step to get to that marathon.

Keep track and write it down.

Keeping track of your exercise and food will help you be more aware of what you are eating and how much you are exercising.

Have you celebrated your progress?

Find rewards that aren't related to food to help keep you motivated and celebrate what you have already accomplished! It could be a movie, a massage, or a fun gift. What are ways you could celebrate?

Don't worry about a slip.

Everyone will slip up, especially when you are changing habits. This is a long-term process, and it is important to give yourself some grace.

Need to review any of the skills you've learned or need a little more guidance? Schedule an appointment with your Everside Health care team.