

Optimal Eating Habits for Health

1 - Eat Breakfast

2 - Eat Every 3-4 Hours

3 - Variety

Meals - choose 3 different food groups

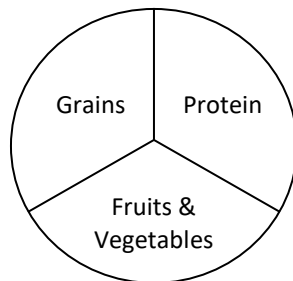
Snacks - choose 2 different food groups

Note: Protein and fiber keep you full longer. Make sure they are found in at least one of your food choices.

Protein: meat, dairy, nuts, beans, tofu

Fiber: Cereal 5+g/serv, Breads, crackers, etc. 3+g/serv.

4 - Balance



5 - Portions

Grains & Fruit - 1 to 1-1/2 fists

Protein - Palm to 1st knuckle

Veggies - Unlimited

(peas, corn, potatoes)

6 - Additions

* Fruits & Veg - volume (2-5/day)

* Water

* Protein &/or Fiber with each eating time

* Activity - consistency is more important than intensity or duration

7 - Emotional Eating

Begin identifying reasons you would eat when you are NOT physically hungry. Ask this simple question when reaching for food, "Am I hungry?"

