WOMEN for a Healthy ENVIRONMENT

10 Tips for Healthful Eating

1 Take your time. Be mindful to eat slowly, enjoy the taste of textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

2 Enjoy your food, but eat less. To avoid oversized portions, use a smaller plate. That way you can finish your entire plate and feel satisfied without overeating.

3 If you eat out, choose healthier options. Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

4 Satisfy your sweet tooth in a healthy way. Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

5 Choose to eat some foods more or less often. Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

6 Sip smarter. Drink water or 100% juice when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.

7 Make treats "treats," not everyday foods. Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

8 Choose less sodium. Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.

9 Avoid foods with ingredients that you cannot pronounce. Check the labels, if the words are large and difficult to pronounce, stay away from this food item.

10 Focus on "adding-in" healthy foods, instead of just eliminating unhealthy foods. Take the focus off of what you "shouldn't" eat and consider all of the wonderful you CAN eat. Eventually the unhealthy foods will be crowded-out.