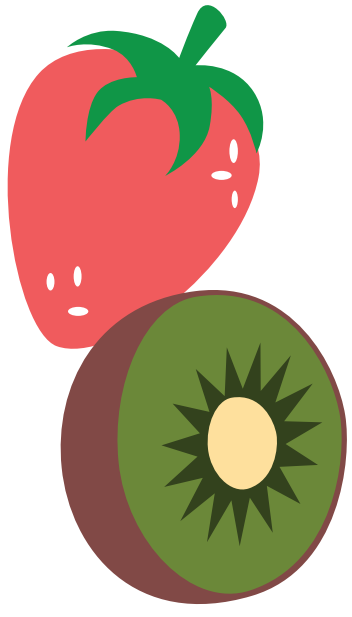


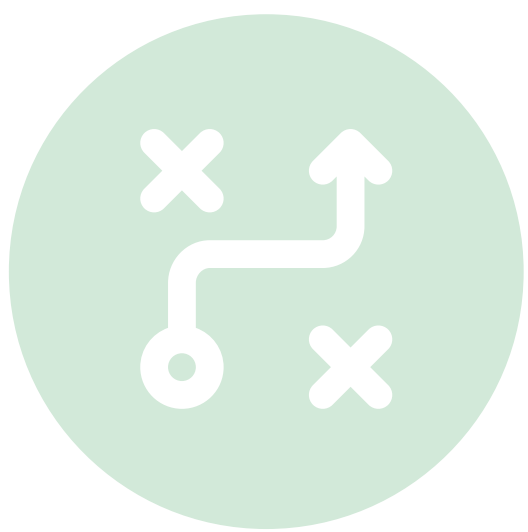
5

TIPS FOR HEALTHY EATING



FOCUS ON ADDING HEALTHY HABITS INSTEAD OF DEPRIVING YOURSELF

People often focus on eliminating certain foods or food groups to be healthier, but deprivation doesn't work in the long run. Try eating more mindfully or adding a vegetable at lunch and dinner as a start.



PLAN AHEAD

Life is busy! The more you can think ahead about when, where and what you'll be eating ahead of time, the more likely you'll be to stay on track. Think snacks, meals at work or school.



EMBRACE THE 80/20 APPROACH

An all-or-nothing mentality and depriving yourself can lead to overeating or, in some cases, binge eating. Allow yourself the occasional treat, and practice not feeling guilty after enjoying it.



KEEP A FOOD JOURNAL

A food journal is one of the best tools for weight management. It helps you track what you eat, discover habits and learn where you can make healthy adjustments!



SET UP YOUR ENVIRONMENT FOR SUCCESS

Sometimes it can feel like junk food is all around us, but thankfully we can keep it out of our homes. Clean out your cupboards and throw away or hide tempting, less nutritious foods. Restock your shelves with nutritious foods that won't tempt you while you're watching your nightly TV. Instead have healthy foods available: fruit or ready to eat vegetables in the fridge.