

Our Lives Revolve Around Food

While we eat to survive, we also eat to celebrate by going out to dinner or preparing a special meal for a birthday, holiday or other special days. Food provides comfort. The term comfort food and the images this brings to mind is different for each person.



An individual's eating style can vary based on preferences, budget, culture, traditions, willingness and ability to prepare food and cook, and weekly schedule.

Here are some tips for you to eat smart, regardless of what drives your desire:

- Read labels and watch serving sizes. Awareness can change eating habits.
- Use measuring cups and a scale to gain an understanding of serving sizes.
- Eat a rainbow of natural colors each day for maximum nutrients.
- Make small changes over time in a healthier direction.
- Be physically active. You may be inspired to eat less to maximize your results.
- Remember moderation. Eating poorly for one or two days won't erase healthy habits you have adopted.
- It is okay to bring healthy items to potlucks or parties. You will likely find another friend or two in the group. Social support is a tremendous benefit to staying on track.
- Keep a journal of what you eat and when you exercise to help reflect on your progress.

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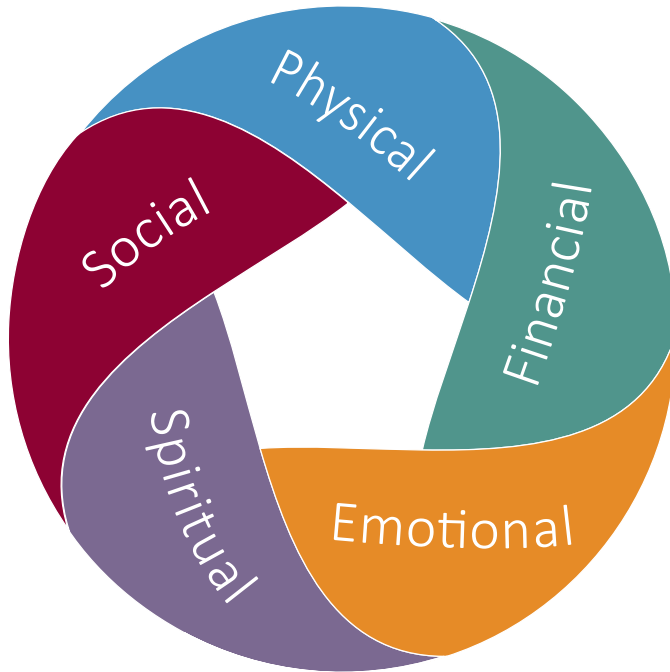
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



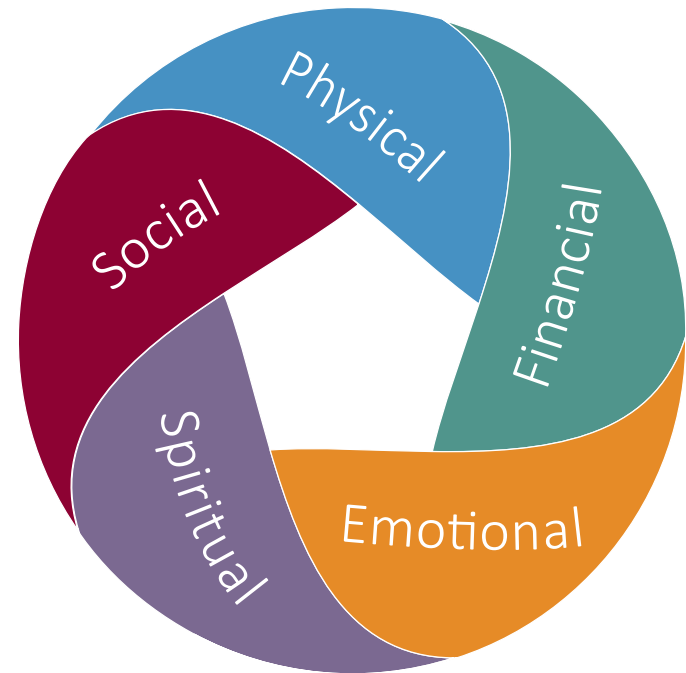
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