



WELLNESS ACTIVITY

Steer your eating habits in The Right Direction

This month, steer your eating habits in The Right Direction. Look over the list of healthy eating tips and aim to try at least four tips each week. You can add your own tips to the list if you'd like. When you try a tip, write that number on the calendar. At the end of the month, answer the questions and carry your healthy habits forward.

The Right Direction calendar

Healthy eating habits put into practice this month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Steer your eating habits in The Right Direction

- At the grocery store, read food labels and choose foods low in salt and added sugar.
- Eat 2 to 3 cups of vegetables today.
- Eat 1½ to 2 cups of fruit today.
- Have veggies and dip or a piece of fruit for a snack.
- Plan your meals for the week.
- Cook at home and use leftovers for lunch or another meal at home.
- Add flavor to food with thyme, paprika, pepper, another spice, or a no-salt seasoning blend rather than salt.
- When eating out, take half your meal home or split it with a friend.
- Instead of soda, drink water. For variety, add flavor with lemon or cucumber slices.
- Use a small plate to control portion sizes.



My own healthy eating tips:

- _____
- _____
- _____
- _____
- _____

Reflective Questions

How many tips did you try? Which tip did you find most useful?

What roadblocks did you encounter?

What are some ways you can overcome these roadblocks?

How are you going to continue to steer your eating habits in a healthy direction?

For more information on healthy eating, talk to your medical care professional about overcoming roadblocks and ideas you can incorporate into your lifestyle. ♦