

# How Do I Get Started With Changing My Eating Habits?

**Set goals and write them down.** Consider posting your goals or this handout on your refrigerator, bathroom mirror, or another prominent place.

- Make one or two changes at a time and start with something simple.
- Take your time, eat slowly, and enjoy your food.
- Tell yourself to eat until you are satisfied, not until you are stuffed.
- Keep a food diary to help you see where changes can be made.
- Consider some of the following to get started:
  - Eat more vegetables, fruits, whole grains, and low-fat dairy products. These are good for you and help fill you up.
  - Drink a glass of water before eating.
  - Drink water, diet sodas, or artificially sweetened drinks instead of sugar-sweetened beverages.
  - Get rid of snack foods high in calories, fat, and sugar. If these foods aren't available, you won't be as tempted. Instead, have healthy snacks easily available.
  - Broil, bake, steam, or grill your food instead of frying it.
  - Choose lean cuts of meat; cut off visible fat.
  - Plan snacks and meals ahead of time.
  - Avoid alcohol.

