

TOP 8 TIPS to eat healthy & feel great

Rich sauces, fried foods, butter, desserts with whipped cream piled high. They're so tempting and hard to resist. These foods taste great. But if you overeat, you may feel mad at yourself or guilty later. Making a few healthy changes to the way you eat can make a big difference in how you feel.



1

CONTROL PORTION SIZE

Take the focus off volume. Put it on variety. Small amounts of several foods can keep your meals interesting. Use a smaller plate to limit how much you take.

2

EAT SLOWLY AND ENJOY

Take time to savor the flavors and aromas. Enjoy the visual appeal of your meal. It takes 20 minutes for our stomach to get the "full" signal. The faster you eat, the more likely you are to overeat.

3

SAY NO TO SECONDS

Make it a standing rule not to take second helpings. Remember that tomorrow will bring good things to eat, too.



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4

LIMIT DESSERTS

Try to eat dessert half as often as you do now. If you have a dessert, eat it after lunch instead of after dinner. You'll have more of a chance to burn it off.

5

DO NOT SKIP MEALS

When you come to the table starved, you're more likely to overeat. And, you're more likely to eat the wrong foods. Instead, have a snack between your meals. Choose snacks that fill you up without adding excess calories. A fruit or a handful of veggies along with a tall glass of water are excellent choices.

6

DO NOT SABOTAGE YOURSELF

There always seems to be a perfect excuse for overindulging just this once. Maybe you're celebrating a special occasion. Or, perhaps you're fighting the blues. Don't let any excuse stand between you and your health.

7

NEVER SAY NEVER

Don't try to completely avoid your favorite foods. Instead, plan on when and how much you'll have or you might give in to sudden cravings.

8

ADOPT HEALTHY HABITS

- ▶ *Limit foods with full-fat cheese or cream sauces and mayonnaise*
- ▶ *Choose meats and fish that are grilled or broiled, rather than fried*
- ▶ *Eat steamed vegetables, but don't smother them with butter*
- ▶ *Use a low-fat or fat-free dressing on your salad*
- ▶ *Watch empty calories in soda and alcohol*
- ▶ *Drink plenty of water each day*
- ▶ *Try not to eat anything close to bedtime*
- ▶ *Remember, fat-free doesn't necessarily mean calorie-free*