Healthy Lifestyle Habits

Diets don't work, because they're usually short-term and sometimes extreme. Try these habits that can improve your health and last much longer.

◆ **Eat high fiber foods** to help you feel full. Try fruit, veggies, and whole grains.

◆ **Drink at least 8 cups of water** every day.

◆ **Stay busy!** Don't eat just because you're bored.

◆ **Don't skip meals.** Eat 3 meals a day.

◆ **Keep moving during the day.** You can:

- Take the stairs instead of elevator
- Walk during your lunch break
- Get off the bus one stop early and walk

◆ **Fill a medium-size plate with your food.** The way your food looks on the plate is part of the eating experience! A full medium-size plate looks much more satisfying than a larger plate that's only half-full.

◆ **Cook meals at home.** This helps you save money and eat healthier.

◆ **Steam, bake, and sauté foods** instead of frying.

◆ **Start your day with water and a high protein breakfast.** Drinking water as soon as you wake up gives you energy. A high protein breakfast also gives you energy. Try:

- Oatmeal cooked with milk and chopped nuts
- Egg omelet with veggies
- Peanut butter toast with bananas or apple slices

Talk to a CHN nutritionist if you have any questions!

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