



## ACTION STEPS FOR WELLNESS

# 10 action steps for healthy eating



1. Keep track of what you eat and drink to see how many calories you have a day.
2. Plan meals and snacks. Involve your family. Eat together at the table, not in front of the TV.
3. Bone up on calcium and vitamin D. Drink nonfat and low-fat cow's milk or almond, rice, or soy milk fortified with these nutrients.



4. Focus on foods with fiber. Choose whole-grain breads, cereals, and pastas over white, enriched ones.
5. Eat less meat and more vegetables. Make kebabs with green and red peppers, onions, and salmon or chicken.
6. Choose meatless meals more often. Start with "Meatless Mondays." Enjoy meatless chili, veggie burgers, and soups with beans, lentils, and plenty of veggies.



7. Be snack-attack ready. Keep fruit, veggies, almonds, or unsalted nuts on hand.
8. Eat less fast food and processed foods. Pack your lunch more often.
9. To limit restaurant portions, share an order with someone. Or, eat half and take the other half home for another meal.
10. Chew each bite thoroughly. Sip water between bites. Take a break halfway through your meal.