

# Week 4: Walk to Wellness

## Healthy Eating / MyPlate

Eating less fat and fewer calories is an important part of losing weight. But that is only one important part of healthy eating. Another part of healthy eating is changing the way we eat and what we eat. Here are a few tips to help.

### ❑ Set up a regular pattern of eating.

- ✓ Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
- ✓ Do not skip meals.
- ✓ Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

### ❑ Eat slowly.

Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you —

- ✓ Digest your food better.
- ✓ Be more aware of what you are eating.
- ✓ Be more aware of when you are full.

### ❑ Don't worry about cleaning your plate.

- ✓ Serve yourself smaller portions to begin with.
- ✓ The greatest waste of food is eating more than you want or need.
- ✓ Am I really hungry? (thirsty, stressed, bored, lonely)

### ❑ Change your eating environment.

- ✓ Eat with others.
- ✓ Do not eat while watching television or doing anything else that can take your attention away from your meal.
- ✓ Use tools like MyPlate to help you choose healthier foods in amounts that you need.

## MyPlate

- ✓ Grains—Make at least half of the **grains** you eat whole grains
- ✓ Vegetables—Vary your **veggies**
- ✓ Fruits—Focus on **fruits**
- ✓ Dairy—Get your **calcium-rich** foods
- ✓ Proteins—Go lean with **protein**

