

How do I start eating healthier?

Evaluate your Current Eating Habits

There are a lot of ways to evaluate your current eating habits. You should have completed a health behaviors assessment survey as part of this program. This is a good tool to evaluate your habits and allows you to make goals accordingly. The following are two other methods used to further evaluate nutritional intake.

The first is called a 3-day Food Record. With this method you record everything you eat and drink over a three-day period. We recommend you choose 2 weekdays and 1 weekend day to get an accurate example of your intake patterns. Once you've completed the record, sit down and calculate how many servings of each food group you consumed and compare it to recommendations made by the food guide pyramid.

The other method is called a Food Frequency Record. It asks you a series of questions about how many times per day, week or month you eat certain foods. Like the 3-day Food Record, when you're finished you can compare your intake to the food guide pyramid recommendations.

The key to using these surveys is to be as honest as possible. The more accurate your input, the more helpful your findings will be. If you need help evaluating either record please contact your peer mentor.

- 3-day Food Record
- Food Frequency Record

Healthy Habits

The following is a list of healthy tips recommended by the American Dietetic Association.

- Eat a variety of foods from the food guide pyramid everyday. Variety in your diet keeps you from getting bored and assures your consuming a lot of different vitamins and minerals.
- Cut back on fat. Purchase lower fat products over regular fat at the grocery store. Trim visible fat from cuts of meat before cooking. When dining out look for "light" or "low fat" items.
- Remember there is no such thing as "good" foods and "bad" foods. All foods can fit into a healthy diet. Think of them in terms of "everyday" and "sometimes" foods. Whole grains, fresh fruits and vegetables, lean meats, low fat dairy and beans and nuts are examples of "everyday" foods. Cookies, cake, ice cream, regular sodas, and high fat bakery goods are examples of "sometimes" foods.
- Become aware of your portion sizes. Many restaurant entrees are 3-5 times larger than a regular portion. Review [*Visualize your Portions*](#) on this website to gain better understanding of what is considered a portion.

-Become familiar with Nutrition Facts on food labels. Calories, fat and protein per serving are listed on the label, which can help you decide which foods fit your needs. Keep in mind serving sizes on the package may be different than those recommended by the Food Guide Pyramid.

-Get physical activity for at least 30 minutes per day most days of the week.