Fact Sheet

Small changes result in healthier eating habits

Like most Americans, you may have resolved to eat healthier and lose weight in 2015. Does that mean throwing away every bag of chips and box of cookies in the house, and eating only salads from now on? You don't have to make radical changes to your eating habits to see a difference. You just need to develop healthier patterns you can stick with over time. Make small changes with the five suggestions below to establish healthier eating habits.

Eat more often. What? Yes, you heard me correctly. Research shows that when women eat small meals every three to four hours, they consume fewer calories and burn the calories off faster.

Sip water instead of soda. Every soda you drink each day, even if it is diet, increases your risk of being overweight by 65%. Drink water with lemon or lime instead. If you aren't ready to completely give up soda, resolve to substitute water for one soda each day.

Power up on protein. Some studies show protein stimulates hormones that make you feel full. It also helps provide the energy you need to function each day. Make sure at least one third of each snack and meal is lean protein. Add beans to your salad, peanut butter to celery sticks, or low-fat cheese to an apple.

Grab a snack. Make fresh fruits and veggies as easy to grab for a snack as chips are. Place them at eye level in your refrigerator, pre-washed and pre-cut, or put them in a bowl on the kitchen table.

Up with whole grains! Browner foods like whole wheat pasta, bran cereal, brown rice, and whole wheat bread have more fiber than refined, processed white foods. Fiber helps you feel full and slows down the speed at which your body absorbs calories from other foods. To make small changes, add a spoonful of bran cereal to yogurt, make sandwiches with whole grain bread instead of white, and substitute whole-grain pasta for half of the noodles in your casserole.

These small changes can help you establish healthier eating habits in 2015 and make a big difference!

The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!

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