

## Healthy eating

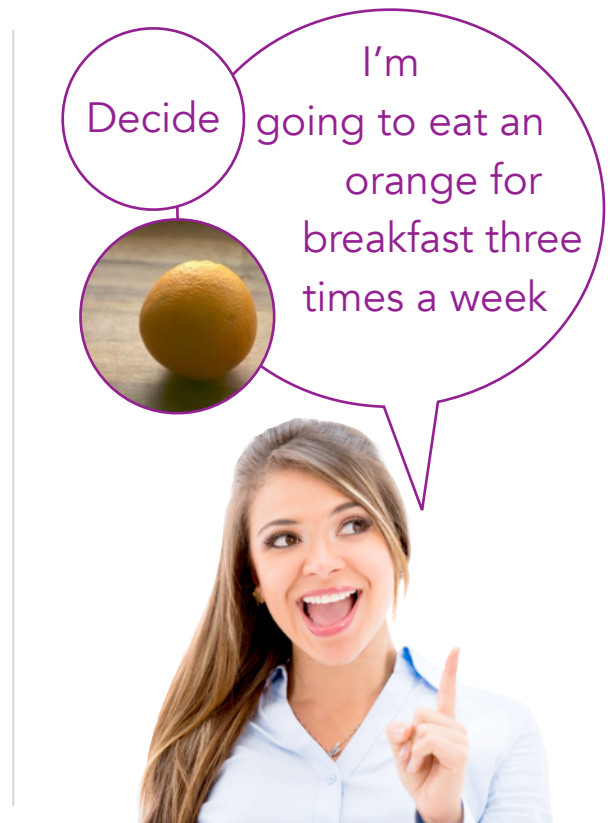
### Adopt new habits

*It's proven that making healthy changes in your lifestyle will result in benefits, not just to your health but to your quality of life. You can achieve a healthy lifestyle by simply making small behavioral adjustments, which will create a domino effect within your nutritional habits, producing lasting health benefits. Making these changes can be challenging at first, especially when you try to change everything at once, but it is important to think of these process not as one-time overhaul, but as an evolution.*

You will achieve a healthy lifestyle when you realize that you can do it, but recognize that it will not happen overnight

#### Little by little

Establish realistic short and long-term goals and seek support from friends and relatives. Identify one small change that you genuinely want to make. Be as specific and realistic as you can. For example:



Decide on a deadline for this goal, preferably a short period of time. Write down your goal and place it somewhere visible (on the refrigerator door, for example).



When your goal becomes a habit, choose a new goal to achieve. Believe in yourself and think positively. Having a positive attitude will help you to adopt and maintain a healthy lifestyle. Remember that you are in control of your own decisions; you are not a victim of circumstances.

## Think of what you can eat...

...and stop thinking of what you shouldn't. Once you begin consuming fruits and vegetables in every meal, you will focus more on what you can eat, instead of thinking about what you should avoid. Healthy eating will come naturally.



Aim for 7 to 9 servings of fruits and vegetables per day

This lunch contains:  
2 fruit servings and  
4 vegetable servings

Eat fruits with every meal and **always, always, always** fill half your plate with vegetables and control the amount of salad dressing you consume.



## Adjust your cooking habits

Look for new recipes that involve boiling or roasting, and avoid frying.



### Recipe

#### Baked French Fries

- 2 medium cooking potatoes
- ½ cup (30g) Fiber One Cereal (or All Bran)
- ¼ cup (20g) Parmesan Cheese
- ½ - 1 tsp. Onion Powder
- ½ - 1 tsp. Garlic Powder
- 1 tsp. Italian Seasoning (oregano, basil, sage, rosemary and red pepper flakes)
- Salt and Pepper to taste
- 1 Egg, beaten
- Non-stick cooking spray



Place the cereal, parmesan cheese and spices in a blender or food processor and blend well, this will form the breading.

Pour the breading into a plastic bag (with closure), dip the potatoes in the egg, then place them in the bag with the breading. Shake well.

Pre-heat the oven to 475 degrees Fahrenheit

Cover a baking sheet with aluminum foil and spray with non-stick cooking spray. Arrange the breaded potatoes in a single layer. Cover the tray with aluminum foil and bake at 475 degrees for 5 minutes, on the bottom oven rack.

Remove the aluminum foil and continue baking for 15-20 minutes, until the potatoes are golden brown.

Using tongs, turn each potato and continue baking until they are golden and crispy.

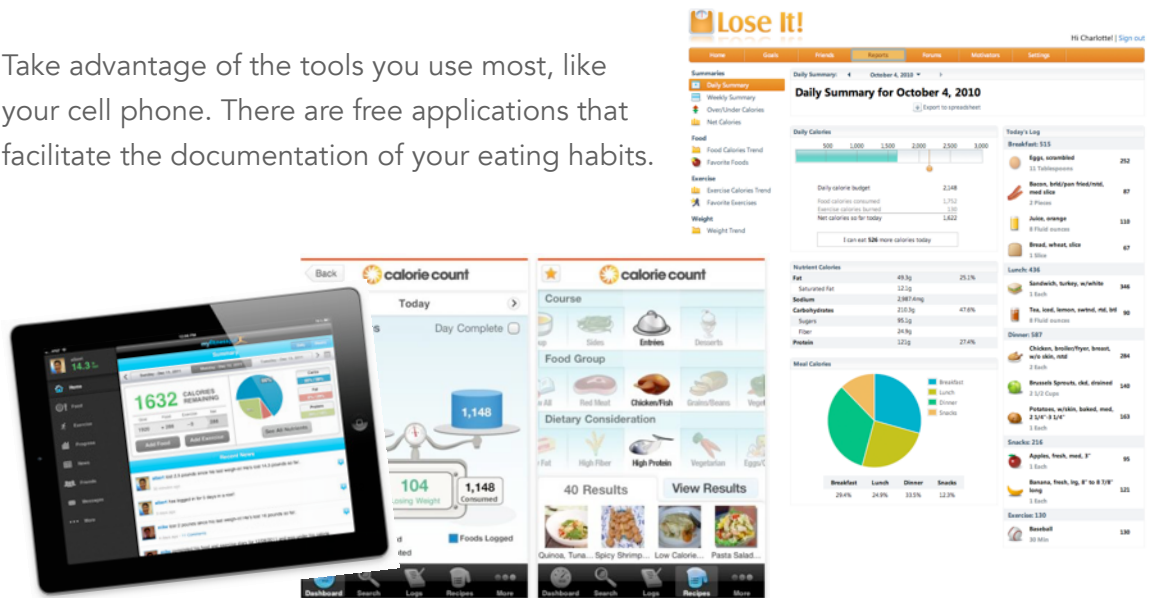
## Avoid consuming liquid calories

Drink plenty of water. High-calorie beverages do not quench your thirst and provide unnecessary calories. Try to remove sodas, fruit drinks and alcoholic beverages from your diet. Limit juice consumption to one serving (4 oz.) a day and dairy to 8 oz per day.

## Record your progress

People who document their food intake and exercise habits are more successful at maintaining a healthy lifestyle. Planning your meals and keeping track of what you eat, whether electronically or in a food journal, will help you keep control over what you eat and make conscious food choices.

Take advantage of the tools you use most, like your cell phone. There are free applications that facilitate the documentation of your eating habits.



## Stay Active!

Regular exercise will help tone your muscles and achieve an optimal cardiovascular state. Additionally, it will help you control your appetite and burn calories.

To begin, all you need is the desire and some comfortable shoes.

Establish realistic, achievable short-term goals; if you don't currently exercise, begin by walking 5 minutes per day for a week. Once you've done this, add five daily minutes per week ,until you reach the goal of 60 minutes a day.

Aspire to reach at least 10,000 steps a day, using a pedometer to keep track.

