

**Eating Smart & Moving More  
Celebrating Healthy Families**

**Eating Smart**

**Five Easy Ways to Eat  
for a Healthy Weight**

The lure of quick weight loss is hard to resist, especially when you see ‘magical’ results on TV and in magazine ads. In real life, many diets and weight-loss products cost a lot and are empty promises. For real weight management success:

**Forget the fads.**

Diet fads come and go – without offering a permanent weight solution. When you hear about the latest diet, always ask yourself a few important questions: Do the results sound too good to be true? Is there any proof besides a few personal testimonials? Can I really eat this way for the rest of my life?

**Make a realistic commitment.**

Any eating plan needs to work for you. It needs to fit with your schedule, food budget and cooking skills. If a diet is complicated, costs a lot or gets rid of all your favorite foods, you won’t stick with it. Once you have a realistic plan, share your commitment to make healthier food choices with your family.

**Start slowly and make it a habit.**

Drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit. Experts say that it takes about 21 days for a behavior to become habit. To start a breakfast habit, write down 21 breakfast ‘menus’ you’d love to eat. It’s okay to repeat some.

**Plan ahead and stock up on options.**

Make a list of the possibilities – like all the breakfast foods you enjoy: at home; in the car or on the bus; at work; or even from a vending machine. Once you have a list of healthful possibilities, stock up. Make sure that there is a smart option anywhere that you might have the chance to eat breakfast.

**Forgive your lapses and celebrate your successes.**

Healthy eating doesn’t have to be perfect eating. If you make a mistake – like missing a few morning meals, no biggie. Get back on track as soon as you can! Changing eating habits takes a bit of time. Just think how long you’ve had your current habits. Give yourself a pat on the back for any positive changes.



National Nutrition Month® - March 2008

Adapted by the NC NET Program from Eat Right Montana materials