Optimal Eating Habits for Health

1 - Eat Breakfast

2 - Eat Every 3-4 Hours

3 - Variety
   Meals - choose 3 different food groups
   Snacks - choose 2 different food groups

   Note: Protein and fiber keep you full longer. Make sure they are found in at least one of your food choices.

   Protein: meat, dairy, nuts, beans, tofu
   Fiber: Cereal 5+g/serv, Breads, crackers, etc. 3+g/serv.

4 - Balance

5 - Portions
   Grains & Fruit - 1 to 1-1/2 fists
   Protein - Palm to 1st knuckle
   Veggies - Unlimited
      (peas,corn,potatoes)

6 - Additions
   * Fruits & Veg - volume (2-5/day)
   * Water
   * Protein &/or Fiber with each eating time
   * Activity - consistency is more important than intensity or duration

7 - Emotional Eating
   Begin identifying reasons you would eat when you are NOT physically hungry. Ask this simple question when reaching for food, “Am I hungry?”