

Plan Your Way to a Healthy Lifestyle



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Most goals take careful planning. Building a healthy lifestyle is no different. Follow these life-changing tips and save time, money, stress, and calories!



Plan Snacks

Keep energy high and hunger in between meals low with smart snacks:

- ✓ One tablespoon of peanut butter on a small banana or apple
- ✓ One cup of veggies with light dressing for dipping
- ✓ One small corn tortilla with a quarter cup of black beans and two tablespoons fresh salsa
- ✓ Half a sandwich – one slice of whole grain bread with one slice deli turkey, one slice low-fat cheese, and mustard
- ✓ English muffin split and topped with two tablespoons of pizza or spaghetti sauce, a half cup of vegetables, and one ounce of low-fat mozzarella cheese



Plan Your Meals

Before you go to the grocery store plan to:

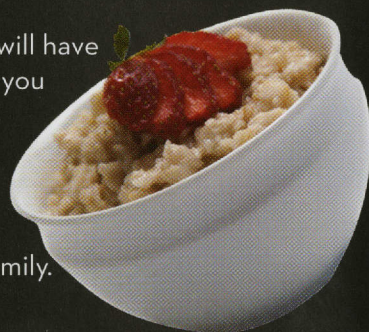
- ✓ Make a list of all the items you need.
- ✓ Use grocery store ads and coupons.
- ✓ Buy foods that are in season.

Remember, drinks count too! Choose water or fat-free milk for the lowest calories and best nutrition.



Plan Your Day

- ✓ Plan to eat all meals – breakfast, lunch, and dinner.
- ✓ Start your day off right with breakfast – it will have you feeling great, more focused, and keep you from overeating later.
- ✓ Take your lunch to work to avoid the urge to dine out.
- ✓ Make dinner a time to catch up with the family.



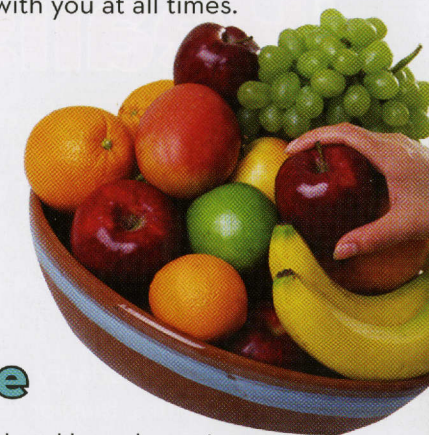
Plan Outings

- ✓ When you go out to eat, check calories online before you go. You can also split your meal into two or share with a friend.
- ✓ If going on a trip or vacation:
 - Bring a cooler – plan snacks and meals that you can carry with you.
 - If you have to stop for food, look for healthy restaurants or chains along your route.
 - Get a hotel room with a kitchenette to make your own healthy meals.
 - Try to eat at your usual times.

For a healthy meal, use **ChooseMyPlate.gov** as a guide.

Plan for the Unexpected

- ✓ Make large batches of freezer-friendly recipes to store away. Thaw and reheat when you do not have time to cook.
- ✓ Carry snacks and a water bottle with you at all times.
 - Nuts
 - Low-fat granola bars
 - Peanut butter crackers
- ✓ Keep a bowl of fresh fruit within reach at home or the office.



Plan Exercise

- ✓ Put it on your calendar – schedule it like a doctor's appointment.
- ✓ If it's hard to get in 30-60 minutes a day, split it up during the day.
- ✓ Walk instead of drive, when you can.
 - ✓ Take a 10-15 minute walk at lunch.
 - ✓ Find a workout partner to keep you motivated.
 - ✓ Make family time active – head to the park with a ball, a Frisbee, a kite, or the dog.
 - ✓ Walk around the ball field or school while your kids practice or play a game.



Plan to be Realistic

Making changes to your lifestyle takes time - start with making 1-2 small changes until they come naturally, then make 1-2 more changes. For example:

- ✓ Add one cup of vegetables to a meal or a snack.
- ✓ Instead of soda try zero calorie lemonades, teas, or flavored fizzy waters.
- ✓ Turn up the music and get the whole family moving.

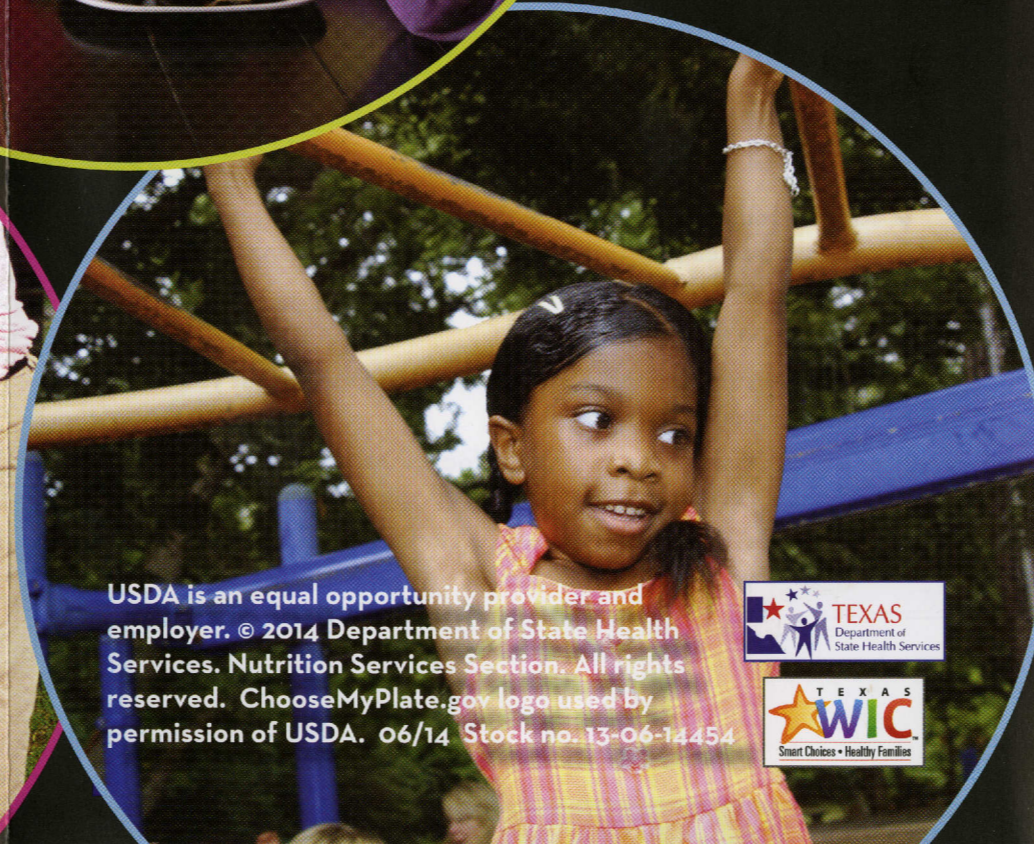


Lifestyle changes take practice; you don't always have to get it right the first time. Having help and support from friends and family will keep you on the right path.



"Every journey begins with a single step, but you'll never finish if you don't start."

— Author unknown



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