

# HEALTHY EATING

## Why do I want to eat healthy?

- 1.
- 2.
- 3.
- 4.

*(more energy, better for my health)*

## When & Why do I over eat?

### When

- 1.
- 2.
- 3.
- 4.

*(while watching t.v.)*

### Why

- 1.
- 2.
- 3.
- 4.

*(stressed, bored, angry)*

## IDEAS

- Have a large salad at the start of your meal
- Chew sugar-free gum when you are bored
- Drink a glass of water before each meal
- Eat more fresh fruit and vegetables
- Remind myself what I do well
- Stay away from fast food and unhealthy snacks

## My Healthy Eating Changes

- 1.
- 2.
- 3.
- 4.

### Healthy eating recipes

- 1.
- 2.
- 3.
- 4.

### My rewards for eating healthy

- 1.
- 2.
- 3.

## BENEFITS

- Weight loss
- Decreases your bad cholesterol
- More energy
- Smaller waist size
- Lowers your risk of Diabetes
- You will be healthier and stronger
- You will reduce your risk of heart disease

**Remember, if you slip, it is only a small set back, not a failure, keep trying!  
Every attempt you make brings you a step closer to your Healthy Eating.**