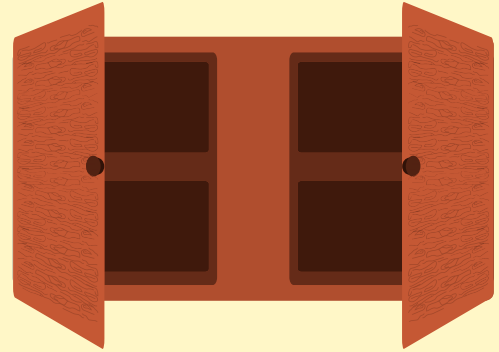


HEALTHY EATING HABITS



1 USE SMALL PLATES & BOWLS

Eating on small plates make meals look bigger. This makes your brain think you ate a larger portion and helps you feel full sooner.



2 PUT FOOD OUT OF SITE

Seeing food can cue our brain that we need to eat. By removing food from eye site, we decrease the chance of eating when we aren't hungry.



3 AVOID EATING OUT OF BAGS

It is easy to overeat when eating directly from the bag or box. Pour snacks into a single serving size dish to avoid overeating.



4 SINGLE SERVING CONTAINERS

Storing food in a single serving container prevents accidental over eating. Having single serving dishes on hand makes this easy.



5 MAINTAIN REGULAR MEAL TIMES

Having predictable meal times reduces snacking throughout the day. It also prevents over eating that can happen after skipping a meal.



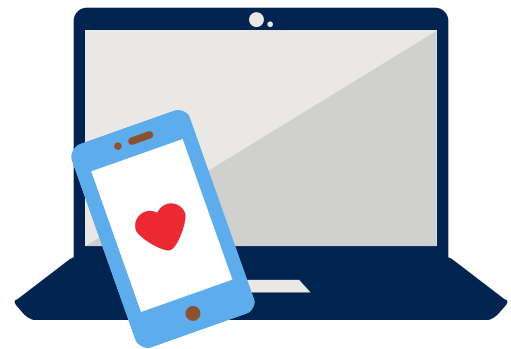
6 LISTEN TO YOUR STOMACH

Our stomach and brain communicate, signaling when we are hungry. Sometimes we eat even though we are not actually hungry. Try using a Hunger Scale to track your hunger.



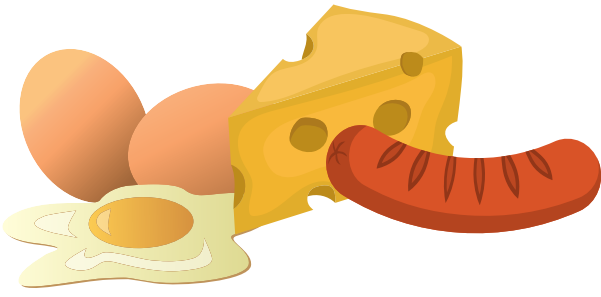
7 EAT LOTS OF VEGETABLES

Vegetables take up a lot of space in our stomach and make us feel full quicker. Add a vegetable to each meal.



8 PUT ELECTRONICS AWAY

When we are on our phone or watching TV, it is easy to be distracted. This can make it hard to know when we are full. Make mealtimes and snack times screen free environments.



9 ADD IN PROTEIN

Protein keeps you full longer. Add protein like meat, cheese, yogurt, eggs, and beans to each meal to prevent feeling hunger later in the day.



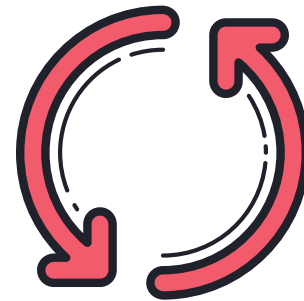
10 DRINK WATER

Drinking water can help your body feel full and prevent unnecessary snacking. Get a water bottle you like and bring it with you to school.



11 STAY BUSY

Sometimes we eat when we are bored, sad, excited, or stressed. Instead of eating to cope, keep your brain and body busy with a different activity. Read a book, play outside, or make a craft.



12 FIND ALTERNATIVES

A healthy diet is all about balance. Identify lower carb alternatives to your favorite foods. Swap out regular soda with diet soda. Swap out pasta with spaghetti squash.