

A Change Per Day! 2018

<p>1 Cut Portions Small amounts of food adds up!</p> 	<p>2 Sip While You Sit Bring water with you wherever you sit! You'll be performing a healthy habit when at rest!</p>	<p>3 Make a Move Take the stairs or park farther away!</p> 	<p>4 Veggies for Breakfast Think outside the cereal bowl! Add mushrooms to eggs, for example!</p>	<p>5 Find Fiber Feel fuller longer! Bran cereal, nuts, oatmeal, and more!</p> 	<p>6 Flip It Read the nutrition labels on the back to see what's really in your food!</p>	<p>7 Don't Fear Fat Fat has many benefits! Just don't go overboard!</p> 
<p>8 Don't Have Guilt as a Side If you overindulge, move on!</p>	<p>9 Be Mindful Close your eyes—notice the temperature, texture, and flavor!</p> 	<p>10 Pick Plants Lowers cholesterol, improves heart health, and try meatless Monday!</p>	<p>11 Tap Into Your Dark Side Dark chocolate—heart healthy and boosts your mood? Oh, yes!</p> 	<p>12 Eat Something Fishy At least three times per week! It is heart healthy, low in fat and has omega-3!</p>	<p>13 Tea Time Tea contains polyphenols—great for bones and very soothing!</p> 	<p>14 Cook with Your Kids Give them the skills they need to also lead a healthy life!</p>
<p>15 Shake the Salt Habit Replace salt with lemon, herbs and spices!</p> 	<p>16 Eat When You Eat Try not to multitask!</p>	<p>17 Sleep More, Weigh Less More time awake means more time eating, but lack of sleep also messes with hormone levels!</p> <p>zzzzzz</p>	<p>18 Be Good to Your Gut Include Greek yogurt, sauerkraut, kefir, and other high-fiber foods!</p>	<p>19 Healthy Swaps Try mashed avocado instead of butter, for example!</p> 	<p>20 Go Nuts Nuts add crunch and flavor! Nuts also reduce cholesterol and stabilize blood sugar!</p>	<p>21 Indulge without Bulge Comfort foods are great—just eat them in the right amount—don't overdo it!</p> 

Just changing one habit each day can lead to a healthier lifestyle!

<p>22 Chill Out Frozen fruits and veggies can be just as healthy, if not, healthier than fresh produce!</p>	<p>23 Superfood Check out the produce aisle—fruits and veggies!</p> 	<p>24 Share a Meal Order an appetizer but split the main dish with a friend!</p>	<p>25 Big on Beans They are inexpensive, easy to store, are high in fiber and protein, and <i>delicious!</i></p> 	<p>26 Do Something Do whatever gets you moving! Have fun dancing, riding bikes, walking the dog, and more!</p>	<p>27 Cook for Someone It is a great way to show someone you care!</p> 	<p>28 Food Diary Most people don't realize how much they <i>really</i> eat. Will you surprise yourself? Try it!</p>
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<p>29 Make Snacks Count Shoot for the trifecta: protein, whole grain and healthy fat. You'll feel fuller longer!</p> 	<p>30 Be Kind to Yourself Don't reward yourself with food. Instead try taking a relaxing bath, surround yourself with friends, anything to make you smile! You deserve it!</p>	<p>31 Help Your Children Eat Better Try following 5-2-1-0 guidelines to help your children be healthier too!</p> <p>5-2-1-0</p>
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The 5-2-1-0 Guidelines

- Eat **5** or more fruits and vegetables every day
- Reduce recreational screen time to **2** hours or less each day
- Get **1** hour or more of physical activity each day
- Consume **0** sugar-sweetened drink

