

TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES, ONE MEAL AT A TIME.



1. Get Ready

- ◆ Pledge to make **one** small healthy change and stick with it.
- ◆ Think about where you could easily make a positive change in your eating habits.
- ◆ Set yourself up for success. Make goals that are specific, measurable and “doable”.

2. Get Nourished

- ◆ Start the day with a nourishing and balanced breakfast.
- ◆ Pack a healthy lunch and stash healthy snacks in your lunch bag
- ◆ Choose water instead of sugary pop and specialty hot drinks.

3. Get Portioned

- ◆ How much you eat is just as important as what you eat.
- ◆ Eat only as much as you are hungry for; stop eating before you feel too full
- ◆ Estimate food portions with your hands: 2 handfuls of vegetables, 1 handful of grain products, 1 of meat and alternatives. Round the meal off with a glass of milk.

4. Get Creative

- ◆ Healthy eating doesn't have to be bland. Try something new.
- ◆ Download and check out the Cookspiration app at www.cookspiration.com

5. Make it Stick

- ◆ Think about what might get in the way of you choosing a healthy life.
- ◆ Check out other tips to beat stress without food: www.eatrightontario.ca/en/Articles/Alcohol/Healthy-Habits-to-Cope-with-Stress.aspx

