Building *a Healthier* Plate

Where do I begin?

What you eat depends on what you like, where you live, how much time you have and many other factors, so it takes time and practice to change the way you eat. Building healthy habits into your everyday life is a great strategy to create changes that stick. Think about how and why you make your food choices and then consider where you can add in more nutritious foods.

Start with your next plate!

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5 Principles to Help Re-frame Your Relationship with Food
Think about how your current lifestyle influences the foods that you eat.

1. Food is information
Our bodies use the vitamins, minerals, and other nutrients that we get from food to function, heal and grow. Focus on getting "information" from trusted, natural, sources like fruits, vegetables, and lean meats.

2. Listen to your body
Pay attention to the physical cues and habits around food and eating. Notice what happens when you are hungry, full, or having physical reactions to certain foods. Tuning in to your experience can help highlight poor habits and identify new areas to introduce healthier foods.

3. Focus on lifestyle changes
Popular diets focus on eliminating or avoided specific food groups and rarely consider your specific needs. Making healthy eating a lifestyle practice is about adding healthier options to your daily life over time.

4. Start with one thing
Build healthy eating habits over time instead of trying to shift to a completely new lifestyle overnight. Choose a single activity. Make a plan that is measurable and timely and revisit that plan until you see the success that you want.

5. Be gentle with yourself
Eating habits take a lifetime to develop and food choices can change. Be gentle with yourself as you explore new eating habits that make sense for where you are today.