

Transcript

Like most people, at some point in your life you've probably tried to eat healthier. But why is it so challenging? The answer lies in our behaviors that have developed over a lifetime.

By taking one step at a time, steps that you choose, you can succeed at healthier eating. But even when we take small steps, change isn't easy. We need to have a good reason to stick with it.

Healthy eating can help you maintain a healthy weight. It can give you more energy. It can keep your mind working sharply. And eating better means you will be less likely to develop diabetes, heart disease, stroke and some forms of cancer.

But where and how do you begin making these changes to help you choose more nutritious foods?

You can add more fruits, non-starchy vegetables and whole grains, things most people don't eat enough of, to your meals. You can reduce how much you eat by managing your portion sizes and limiting your salt and alcohol consumption. And you can change how you eat by paying close attention to your food, away from distractions.

Sitting down and focusing on your food can help you understand when you are getting full and should stop eating.

"I think it's important to sit down and enjoy a meal together and take time out to have that time together at some point in the day."

Making just one change in any of these areas will help you to develop healthier eating behaviors for the rest of your life. When you have incorporated one change and feel comfortable, take another step. It adds up to the kind of eating habits most of us want. And remember, it's never too late to make better food choices, and enjoy the benefits.