

THE CHALLENGES OF HEALTHY EATING

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.

"In the beginning it was hard because when you have a way of eating all your life, and you try to change it after forty years, it's hard. "

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.

You can make a change in what you eat, like choosing healthy nutritious foods over less healthy ones. You can reduce how much you eat by managing your portion sizes, and limiting your salt and alcohol consumption. Or, you can change how you eat by paying close attention to your food, away from distractions.

Making just one change in any of these areas will help you to develop healthier eating behaviors for the rest of your life.

It adds up to the kind of future most of us want. And remember, it's never too late to make better food choices.