

# Healthy Eating: Getting Back on Track

You want to eat healthier. And you're proud of the steps you've made toward that new goal.

But we all lose focus sometimes.

It's okay if you get off track.

It can help to think about all the great things you've done so far.

Here are a few other things to try when you want to get your eating plan back on track.

Start by taking another look at your healthy eating goal.

Were your eating changes realistic?

Remember that your goal should be something you can maintain for a long time.

For example, maybe you tried to stick with a strict eating schedule and you're often hungry between meals.

It may help to include a healthy snack to manage your hunger.

A snack can keep you going between meals.

Popcorn, fresh fruit, or nuts are just a few ideas for healthy snacks.

Now, when you think about your goal, keep your favorite foods in mind.

It's easier to stick to a healthy eating plan if you include foods you like.

Look for ways to build in more healthy foods that you do enjoy.

Next, if you haven't already, make a plan for how you'll stick to your goal when you're in different situations.

You probably have a plan for eating at home and other places, like work or school.

But you'll also want to think about how you'll eat healthy when you go out to eat, share meals with friends, go on vacation, or celebrate special occasions.

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Maybe you can plan to eat half your meal at the restaurant and take the rest home.

Or you could make your favorite healthy recipe and bring it to share with others at that holiday gathering.

And remember to just keep trying.

Even if your goal is realistic, and you have a good plan in place, things may not always go the way you hoped.

So you ate something that isn't part of your goal?

That's just part of being human. It doesn't mean you should give up on your new healthy habits.

And it doesn't mean you have to make up for it by exercising more or eating less.

Instead, ask yourself what you can do differently next time.

Then go back to your plan. And keep on moving forward.