

Healthy Eating: Make It Work for You

Changing your eating habits may seem hard to do.

Maybe you aren't even sure if you can do it.

If that's true, try thinking about a time when you've had some success, even if it was something small.

Remembering that time may help build your confidence.

There are some other things you can try that may help too.

Here are some ideas on how to make healthy eating work for you.

Focus on your goal.

Think about why healthy eating is important to you.

Maybe you want to make changes to improve your health.

Or maybe you want to feel better and have more energy.

No matter what your reason, keeping your goal in mind may help you stick to your new eating habits.

Plan ahead.

Some people find it helps to plan out their meals for the week.

If that feels like too much, think about planning meals for just one or two days each week.

Keep track of what you're eating.

It may help to write down the foods you eat to help you learn about any eating patterns you might have.

Get support.

Talk to your doctor about seeing a registered dietitian.

A dietitian can help you learn more about making healthy changes.

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Or maybe you can try talking to a friend about their healthy eating habits or ask them to support you as you work toward your goal.

Be kind to yourself.

Go easy on yourself if things don't always happen the way you plan.

Healthy eating is a lifelong journey.

It's okay if you don't get it perfect every time.

All the small steps you're taking will add up.

Just keep trying.

You can do this.