

Healthy Weight Month

HEALTHY TIP SHEET - JANUARY



Be Mindful of Your Eating Habits

Can you remember what you ate for breakfast yesterday? What about the snacks you had in between your meals? Are you really aware of what you are eating, how much you are eating and when? If you want to lose weight, maintain weight or improve your eating habits, start by being mindful of your food choices and keep a food diary.

How to Get Started

- Use a notebook, web-based program or smartphone app to keep track of your daily diet.
- Keep your food diary with you and record what you eat after each meal or snack.
- Be honest. You may not want to include that piece of apple pie in your diary, but listing everything is the only way to see what you're doing right and what you can improve on.

Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Track Your Eating Habits.

Choose a Food Diary

Below are some examples. Many are available in print, online and for mobile devices. Find the one that works best for you.

Paper

- Do an internet search for “food and activity tracker” and you will find all kinds. Or simply go to www.tinyurl.com/hcylfdo for an example.

Web-based:

- USDA's My Plate SuperTracker at www.supertracker.usda.gov

Mobile-App:

- MyFitnessPal at www.myfitnesspal.com
- Lose It at www.loseit.com

Set a Goal

After you have taken an honest look at your food choices, set a goal to improve, lose weight or eat healthier. Remember to track your progress. Your food diary will become a tool that can help change your life.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

89-172-1 (11-27-17)