

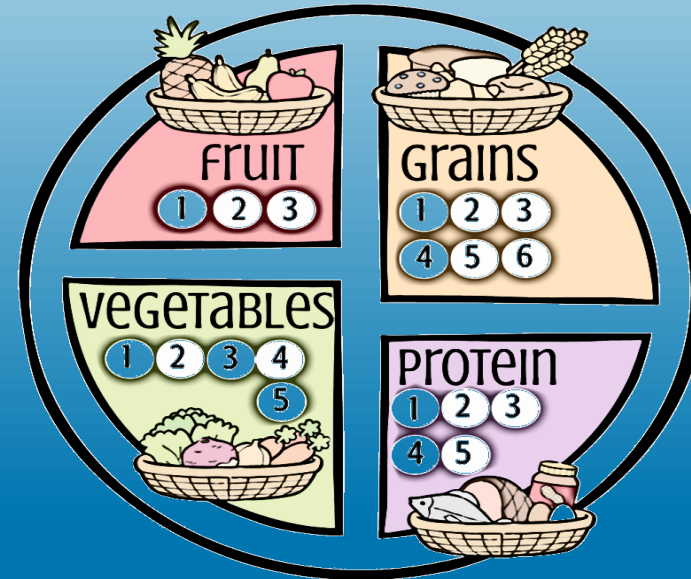


Beech Brook

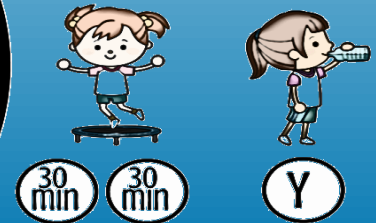
HELPING CHILDREN & FAMILIES THRIVE

Healthy Eating Habits for the New Year

MY HEALTHY CHECKLIST



exercise water















Based on 1,800 calories per day



Healthy Eating Tips

- Find healthy alternatives to your favorite dish.
 - Use less butter.
 - Use substitutes – try yogurt instead of mayonnaise or sour cream
 - Bake instead of fry.
- Eat in moderation.
- Eat close to your usual times.
 - This helps to keep your blood sugar steady.
 - Eat small snacks if your usual mealtime will be later.

Alternatives to SUGAR				
	Honey	Stevia	Agave Nectar	Maple Syrup
1 cup sugar				
1 Tbsp. sugar		 A dash		
1 tsp. sugar		 A pinch		
Notes	Decrease liquid by 2-4 Tbsp., add a pinch of baking soda and decrease oven temperature by 25 degrees.	To replace bulk, add applesauce, apple butter or yogurt.	Decrease liquid by 1/4 cup, increase cook time by 6 percent and decrease oven temperature by 25 degrees.	Decrease liquid by 3 Tbsp., add 1/4 tsp. of baking soda per cup of syrup and decrease oven temperature by 25 degrees.

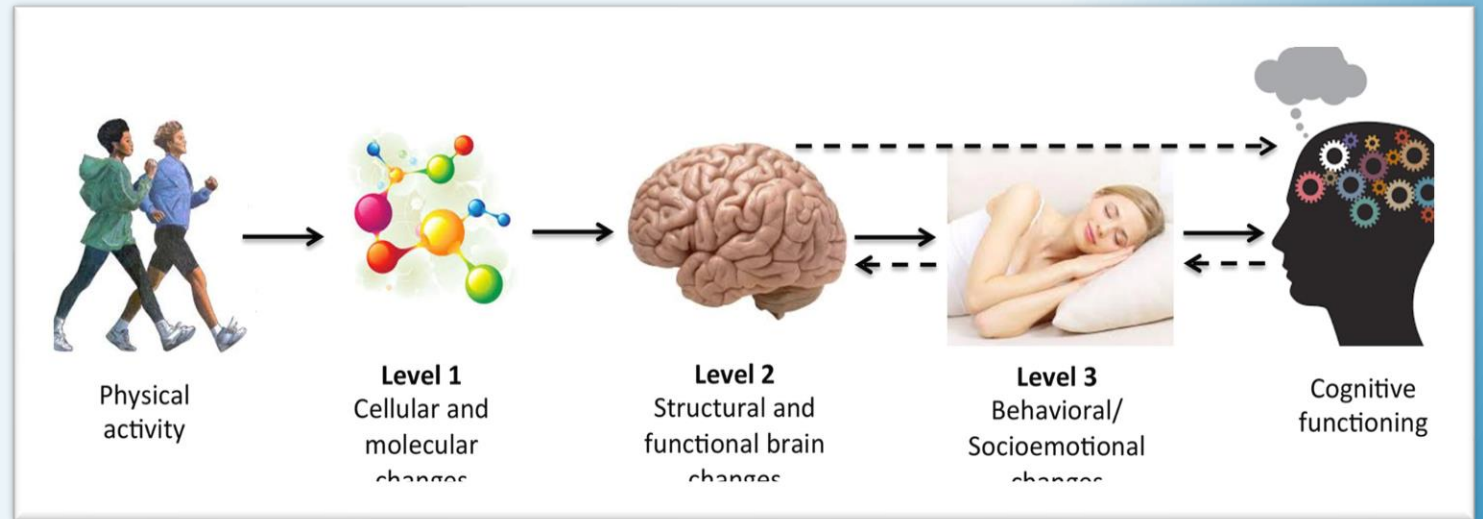
Healthy Eating Tips (cont'd)



- Eat homemade food instead of processed.
- Add more vegetables.
- Eat slowly – this gives your stomach enough time to send the hormonal signal to your brain saying you're full!
- Use portion control.
- Invited to a party? Offer to bring a healthy dish along.
- Don't skip meals to save up for a feast.
 - This makes it harder to manage your blood sugar – you'll be really hungry and more likely to overeat.

Healthy Eating Tips (cont'd)

- Stress increases eating
 - Physical or emotional distress increases your intake of food high in fat, sugar or both.
- Exercise
 - Take a walk after dinner.
 - Practice yoga.
- Meditate
 - Meditation reduces stress and can help with making mindful food choices.



Healthy Eating Tips (cont'd)

- Get adequate amounts of sleep (7-8 hours per night)
 - Sleep loss can make it harder to manage your blood sugar.
 - You tend to eat more when you are sleep deprived.

- ****DRINK PLENTY OF WATER****



References

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