

Healthy Weight

Changing dietary behavior is usually very difficult as cautioning one's food intake has proven to be a very difficult process.

With the steps outlined in this brochure, you will find the beginning path to being a better, healthier you.

Diabetes Center
Street Address
City, ST ZIP Code



“You Are What You Eat”

This statement is very true in today's America. The obesity rate is reaching all-time highs, and the number of individuals suffering from other chronic illnesses like hypertension and diabetes is increasing. Find out how you can fight this within this brochure.





Improve Your Eating Habits

REFLECT on all of your specific eating habits (good and bad)

- Create a list of your eating habits
- Highlight the habits that are leading you to overeat
- Create a list of “cues”
- Ask yourself: - How often do I snack? What do my average serving sizes look like?



Focus on What You Do Best

REPLACE unhealthy eating habits with healthier ones

- Eat more slowly.
- Eat only when you’re truly hungry
- Plan meals ahead of time to ensure that you eat a healthy well-balanced meal

REINFORCE your new, healthier eating habits/

- When you find yourself engaging in an unhealthy habit – stop as quickly as possible and ask yourself: Why do I do this?
- Address your response to that question and seek how you can make improvements moving forward.

Contact Us

All information on this brochure was taken from the Center for Disease Control Website

https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

