

Making a Plan

What goal(s) can you set for yourself now?

Before my next visit, I am going to:

- Eat fried foods less often
- Aim to eat 5 or more fruits and vegetables per day
- Eat smaller portions and less fatty foods
- Instead of regular soda and sweet teas, drink water, 100% juice mixed with sparkling water, or skim milk
- Make time for regular meals
- Exercise regularly (try for 5 times a week)
- Keep healthy snacks around
- Make an appointment with a dietitian
- Other: _____

Is there someone who can help you in reaching your goal(s)?

Name(s): _____

More Help

Look for the *Winner's Circle* purple star and fork logo to find healthy foods when eating away from home. For a list of restaurants in North Carolina, go to www.winnerscirclehealthydining.com.

For physical activity tips and tools, visit the *Eat Smart Move More North Carolina* website at www.myeatsmartmovemore.com.

To find local nutrition programs that can help support healthy eating patterns, visit www.ncgoodhealthdirectory.com.

To find a registered dietitian in your area, visit the American Dietetic Association website at www.eatright.org.

We thank the Starting the Conversation Partners



Starting the Conversation

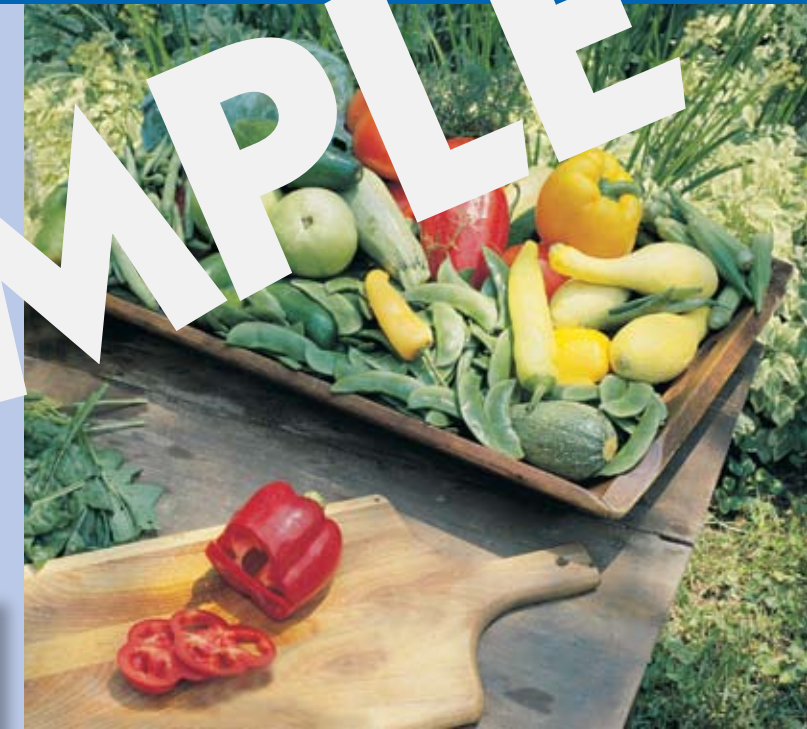
Healthy Eating

Are you ready to work on healthy eating?


- I'm ready to make some changes and I would like help.
- I'm not sure if I'm ready to change the way I eat, but I would like to start the conversation.
- I'm not ready to change the way I eat at this time.

Eat healthier now.

Eat healthier for life.



Remember who you're saving your life for!

How well do you eat?	Tips to help you eat well
<p>How many times a week do you eat food that is fried or high in fat?</p> <p><input type="checkbox"/> Less than 1 <input type="checkbox"/> 1-3 <input type="checkbox"/> 4 or more</p>	<p>Eat less fast food.</p> <ul style="list-style-type: none"> If you eat fast food, order grilled chicken, a salad, or a plain burger. Look for the <i>Winner's Circle</i> logo for healthy options away from home. 
<p>How many servings of fruits or vegetables do you eat each day?</p> <p><input type="checkbox"/> 5 or more <input type="checkbox"/> 3-4 <input type="checkbox"/> 2 or less</p>	<p>Aim for 5 or more servings of fruits and vegetables a day.</p> <ul style="list-style-type: none"> Add a fruit (fresh or frozen) and a vegetable to each meal. Raw fruits and vegetables are an easy snack to carry.
<p>How many regular sodas and glasses of sweet tea or juice do you drink each day?</p> <p><input type="checkbox"/> Less than 1 <input type="checkbox"/> 1-2 <input type="checkbox"/> 3 or more</p>	<p>Beverage calories add up.</p> <ul style="list-style-type: none"> Drink water throughout the day. If you drink milk, switch from whole or 2% milk to 1% or skim. Limit soda and other sweet drinks to one or less per day.
<p>How many times a week do you eat beans (like pinto or black beans), chicken, or fish?</p> <p><input type="checkbox"/> 3 or more <input type="checkbox"/> 1-2 <input type="checkbox"/> Less than 1</p>	<p>Eat more beans, chicken, and fish.</p> <ul style="list-style-type: none"> Beans are a great substitute for meat. Eat baked, broiled, or grilled chicken or fish.
<p>How many times a week do you eat regular (not low-fat) chips or crackers?</p> <p><input type="checkbox"/> 1 or less <input type="checkbox"/> 2-3 <input type="checkbox"/> 4 or more</p>	<p>Hold the chips.</p> <ul style="list-style-type: none"> Try popcorn, but limit the oil, butter, and salt. Fruits or vegetables with a healthy low-fat dip are a great choice.
<p>How many times a week do you eat desserts or other sweets?</p> <p><input type="checkbox"/> 1 or less <input type="checkbox"/> 2-3 <input type="checkbox"/> 4 or more</p>	<p>Be smart with your sweet tooth.</p> <ul style="list-style-type: none"> Eat your treats in smaller amounts. Try desserts that have less fat and calories like fruit, hard candy, sherbet, vanilla wafers, or angel food cake.
<p>How much margarine, butter or meat fat do you use on bread or to season vegetables, such as corn and potatoes?</p> <p><input type="checkbox"/> very little <input type="checkbox"/> some <input type="checkbox"/> a lot</p>	<p>Cut back on the fat.</p> <ul style="list-style-type: none"> Season vegetables with lean ham or vegetable oil and onions. Use a small amount of tub margarine or oil instead of meat fat.

0 x () + 1 x () + 2 x () = Total Score _____

If you feel this way	Try these things
Healthy foods cost too much.	<p>Eating well can save you money.</p> <ul style="list-style-type: none"> Eat less meat and more beans. Eat canned or frozen fruits and vegetables. Eat at home instead of going out.
Healthy food doesn't taste as good as junk food.	<p>Don't give up your favorites—just eat smaller amounts.</p> <ul style="list-style-type: none"> Try new foods and new recipes. If you drink milk, switch from whole milk to 1% or skim.
I eat when I'm bored, tired, angry, or depressed.	<p>Find something else to distract you.</p> <ul style="list-style-type: none"> Work on a hobby, call a friend, or go for a walk. Keep only healthy snacks around.
It's hard to eat healthy when I eat out.	<p>Avoid all-you-can-eat places and restaurants that don't offer healthy options.</p> <ul style="list-style-type: none"> Order grilled or low-fat sandwiches and salads instead of fried foods. Ask for low-fat dressing on the side. Ask for half portions, share with a friend, or bring leftovers home.
I eat too much at social events.	<p>You can still eat healthy at social events.</p> <ul style="list-style-type: none"> Eat a healthy snack before you go. Choose a few things to eat. Bring healthy dishes to potlucks.
I eat too much when I'm cooking or cleaning.	<p>Don't eat food just because it's there.</p> <ul style="list-style-type: none"> Chew sugarless gum or a toothpick. Ask someone else to put away the leftovers while you wash dishes.
I tend to skip regular meals, but snack in front of the TV and throughout the day.	<p>Make time for regular meals.</p> <ul style="list-style-type: none"> Sit down at the table and eat healthy meals with friends, family, and/or co-workers. Pack lunch and snacks to take to work or for travel.