

TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES, ONE MEAL AT A TIME.



1. Get Ready

- ◆ Pledge to make **one** small healthy change.
- ◆ Think about where you could easily make a positive change in your eating habits.
- ◆ Make goals that are specific, measurable and “doable”. Set yourself up for success.

2. Get Nourished

- ◆ Start the day with a balanced breakfast.
- ◆ Pack a healthy lunch and stash healthy snacks in your lunch bag
- ◆ Choose water instead of sugary pop and specialty drinks.

3. Get Portioned

- ◆ How much you eat is just as important as what you eat.
- ◆ Eat only as much as you are hungry for; stop before you feel too full.
- ◆ Use your plate to estimate - 1/2 vegetables, 1/4 grains and 1/4 meat and alternatives. Round the meal off with a glass of milk or yogurt and fruit.

4. Get Creative

- ◆ Healthy eating doesn't have to be bland. Try something new.
- ◆ Download and check out the Cookspiration app at www.cookspiration.com

5. Make it Stick

- ◆ Think about what might help you choose a healthy life.
- ◆ Check out other tips to beat stress without food:
www.eatrightontario.ca/en/Articles/Alcohol/Healthy-Habits-to-Cope-with-Stress.aspx



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