

Eat Smart



Eat right to prevent chronic diseases such as heart disease, high blood pressure, diabetes, stroke and some cancers. Eat smart. It sounds simple. So why don't we do it more often? Because most of us don't have a plan for how we are going to make healthy food choices on a regular basis.

Think ahead. Make a plan for how you can eat smart at breakfast, lunch, dinner and snack time. Have a plan in place to help prevent yourself from indulging in unhealthy foods and drinks. Planning can also help you save time at the grocery store. Developing a plan does not have to be complicated. See the Ten-Minute Tips below for quick planning ideas to help you eat smart every day.



For more ideas on planning ahead be sure to check out the Eat Smart North Carolina: Snacks and Drinks Guide and the healthy recipes found at: www.MyEatSmartMoveMore.com.

Ten-Minute Tips

Eat smart every day by taking 10 minutes to:

1. Pick a few quick and easy recipes you will prepare for the week
2. Check your refrigerator and pantry for the ingredients you will need
3. Write a grocery list for any ingredients you are missing
4. Select snacks such as fresh fruits and vegetables from the produce aisle
5. Review the items in your grocery cart before you check out—remove anything that was not on your shopping list
6. Place leftovers in small single-serving containers for a quick meal on another day
7. Pack your lunch the night before

Remember to give yourself a point each time you complete a tip!

WORKSITE WELLNESS TURKEY PROGRAM

Ten-Minute Challenge