

# MYTH: I CAN'T EAT MY FAVORITE FOODS ANYMORE



## REALITY: ALL FOODS FIT, IN MODERATION

Joining Scale Back Alabama, and vowing to eat healthier, does not mean you have to give up your favorite foods. A healthy lifestyle is one that you can maintain, which includes the occasional treat! Here are some tips on how to make healthy choices without giving up the foods you enjoy..

- **Moderate, don't eliminate!** – Do you normally eat 3 slices of pizza? Try switching to 1 slice of pizza and a colorful side salad, instead. Moderation means you get to continue to enjoy the foods you love, just in smaller amounts and less often. Adding more fiber into your diet, such as fruits, veggies, and whole grains, will help fill you up and keep you from missing those additional slices of pizza (too much, at least). If this sounds unrealistic to you, try switching to 2 slices with a salad, first. Baby steps are still steps in the right direction! You got this!
- **Taste the rainbow** – Fruits and vegetables are high in vitamins and minerals and are a great source of fiber. Fruits and veggies help fill you up without packing in too many calories.

Add a variety of fruit and vegetables to your meals and snacks throughout the day to be sure you're getting enough.

- **Take it slow** – Take the time to really enjoy your food. Chew slowly and drink sips of water between bites. This will help you savor your favorite foods, enjoy all the flavors on your plate, and realize when you are full. Once you realize it, stop!
- **Keep it simple** – A healthy diet is made up of a series of choices you make every day. Don't try to reinvent the way you eat. Focus on making small choices that can add up to big impacts on your health. Try choosing the side salad instead of fries, choosing baked or grilled chicken instead of fried chicken, or replacing your nightly bowl of ice cream with a bowl of berries.
- **Sharing is caring** – When dining out, split an entrée with a friend or box up half before you start eating. Restaurant portions can pack an outrageous amount of calories, but sharing with someone (or saving half for another meal) can cut those calories in half.

**INCLUSION TIPS:** At snack time, measure out one serving (refer to the nutrition label) and eat it from a separate container instead of straight out of the box or bag. This way, you will know exactly how much you are eating. Be sure to practice wholesome snacking behaviors by keeping nutritious items with you away from home or else [Snack Man](#) will have to slap your snack!

Make a list of your favorite foods and dietary needs and then find fun, healthy recipes that you can prepare and try that work for

you. Limit yourself to one portion per setting.

[youtube.com/watch?v=-\\_McicJNs2o](https://youtube.com/watch?v=-_McicJNs2o)

[youtube.com/watch?v=A5Dy0eS-Xos](https://youtube.com/watch?v=A5Dy0eS-Xos)

[nchpad.org/81/595/Estimating-Serving-Sizes](https://nchpad.org/81/595/Estimating-Serving-Sizes)

[nchpad.org/1502/6457/New-Nutrition-Facts-Panel](https://nchpad.org/1502/6457/New-Nutrition-Facts-Panel)

[nchpad.org/376/2118/5](https://nchpad.org/376/2118/5)

**FAMILY MATTERS:** Model healthy behaviors for kids! In order to develop a healthy relationship with food, kids need to see their

parents practicing moderation and mindful eating, not focusing on calories and weight!

## LINKS:

**Build a Healthy Meal:** [choosemyplate.gov/ten-tips-build-healthy-meal](https://choosemyplate.gov/ten-tips-build-healthy-meal)

**Online Meal Planner:** [healthyeating.org/Healthy-Eating/Meals-Recipes/Meal-Planner](https://healthyeating.org/Healthy-Eating/Meals-Recipes/Meal-Planner)

**Tips for Eating Healthy:** [heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Tips-for-Eating-Healthy\\_UCM\\_457979\\_Article.jsp#.W-Gq-NlrKJA](https://heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Tips-for-Eating-Healthy_UCM_457979_Article.jsp#.W-Gq-NlrKJA)

**Healthy Recipes:** Whole Wheat Pizza with Arugula Parsley Pesto: [foodnetwork.com/recipes/food-network-kitchen/healthy-whole-wheat-pizza-with-arugula-parsley-pesto-3362750](https://foodnetwork.com/recipes/food-network-kitchen/healthy-whole-wheat-pizza-with-arugula-parsley-pesto-3362750)