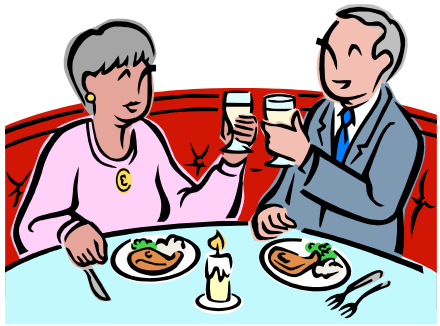

MOVE!

How Do I Get Started with

Changing My Eating Habits?

- **Make just one or two changes at a time in your eating until you get used to them. Then you can make another change or two. You are not "on a diet"!**

- **Make your first changes the easy ones, such as:**

  - ✓ **Drink a glass of water before eating.**
  - ✓ **Drink diet sodas or other artificially sweetened drinks.**
  - ✓ **Get rid of tempting high calorie, high fat, and high sugar snack foods – if you don't have these foods available in your home or office, you won't be as tempted.**
  - ✓ **Have healthy snacks easily available.**
  - ✓ **Broil, bake, steam, grill, or microwave your food instead of frying it.**

- **Eat more vegetables. Spice them up to add more flavor!**

- **Eat more fruit. Apples, oranges, grapes, pears- good stuff!**

- **Keep telling yourself to eat until you are satisfied, not until you are stuffed.**

- **Bring your lunch from home instead of eating at a restaurant.**