
MAKING CHANGES

Turn your resolutions into solutions!

Small Changes That Make a Big Difference

Here are a few small changes that you can try...

- Replace soda with water
- Increase fruit and vegetable consumption
- Find a way to be active on most days
- Try new and healthful snacks
- Eat fruit for dessert
- Choose leaner types of protein foods
- Replace full-fat dairy with low-fat or nonfat alternatives
- Try a new exercise class (in person or online)
- Try to make a plate match MyPlate during at least 1 meal per day
- Switch out some refined grain foods for their whole grain counterparts
- Go for a walk on most days

Where will *you* start?

Think Long-Term:

In order to make resolutions into long-term solutions, you need to set goals that are sustainable over time. This often means starting slowly and implementing changes gradually. Small changes can add up, and they're often easier to sustain than large, life-changing adjustments.

When it comes to changing eating habits, it's wise to consult with a health educator, like a dietitian or doctor. The same is true for exercise habits. As you implement changes, consider ways to (healthfully!) reward yourself for sticking to your plan and reaching milestones. This can help keep your motivation going strong!

