



20 Tips Toward Healthier Habits

1. Eat breakfast every day.
2. Choose bran cereal in place of other cereals.
3. Eat plant based protein more often.
4. Hold the cheese.
5. Think beans (legumes) before white rice.
6. Choose your liquid calories wisely.
7. Snack smart.
8. Eat fish two times per week.
9. Enjoy 1/2 cup of low-sodium soup before meals.
10. Fill half your dinner plate with vegetables.
11. Finish with fruit.
12. Go for the whole grain.
13. Control your meal environment.
14. Trim your portions by 10-20%.
15. Add more steps to your day.
16. Have small amounts of lean meat or plant protein at each meal or snack.
17. Try lighter versions of the things you're already eating.
18. Eat slowly; take sips of water between bites.
19. Don't drink your calories.
20. Close the kitchen at night.