

The 100 Meal Journey – Week 5

Make it Stick!



Lack of time, eating out, holidays, stress? We all have challenges that can sidetrack our healthy eating plans. Here are some strategies to help your small changes stick.

Short on time? Be prepared with nourishing grab 'n' go foods, like yogurt, nuts and fruit.

Eating well doesn't need to take a lot of time. A little planning helps you eat healthy, even on the run:

- Stock your kitchen with good-for-you snacks, like veggies, fruit, yogurt, cheese, hard-boiled eggs, seeds and whole grain crackers.
- Cook big batches of soup, stew or chili on weekends, then take a welcome cooking break on busy weekdays.
- Cook once. Eat twice. Make more food than you need for one meal and reinvent it for another.
- Shop for healthier convenience foods, such as frozen or pre-cut vegetables, plain frozen fish fillets, shredded cheese and canned lentils.

Dietitian Pro Tips

Check out these dietitian-designed strategies to help you address lifestyle challenges:

- Party time! Eat a snack before you go. You'll be less likely to overindulge when you arrive.
- Travelling? Pack healthy snacks so you don't have to buy food at the airport, train station or roadside stop.
- Family feast? Eat slowly. Savour each bite. Stop when you're satisfied, not stuffed.

Find a dietitian in your area: www.dietitians.ca/find.



Stressed? Bored? Sad? Eating for reasons other than hunger can lead to mindless munching.

Do you ever find yourself eating, even when you're not hungry? Do you eat when you are bored or distracted, like when watching TV? Do you **eat to deal with stress** or emotions? If so, you may be eating more than you think.

If you're a mindless muncher, try putting these savvy strategies in place:

- Reduce boredom, sadness or stress by taking a brisk walk instead of nibbling.
- Eat mindfully. Don't eat distracted. Make mealtimes screen-free, eat away from your desk and don't snack while watching TV.

Need to get back on your healthy-eating track? A dietitian can help!

Dietitians can help you make daily food choices and plan healthy, delicious meals. They translate scientific research into practical, real-life solutions. Learn how to feel your best by asking a dietitian for:

- Tips and recipes to plan, shop for and cook healthy meals
- Information to help interpret food labels and the latest headlines, trends and diets
- Support to improve your relationship with food
- Customized meal plans, individual counselling and advice

A **dietitian** can help you to get back on your healthy- eating track!



Planning how you'll manage healthy-eating roadblocks *before* they happen is key to success.

Setbacks on a journey to healthier habits are a normal part of making changes. Knowing what some of your challenges are can help you be ready to deal with them. **Get ready with a plan** to manage detours:

- Think about what might get in your way of healthy eating.
- Brainstorm solutions to get around roadblocks.
- Put supportive strategies in place. Recruit family and friends to help on your path to a healthy you.

A slip in healthy eating habits is a learning opportunity. When it happens, review your plan, adjust as needed and get back on track.

For help staying motivated, get *eaTracker* at: www.eatracker.ca



This fact sheet is distributed compliments of: