

# Tips for Eating Right

## Everyday Eating Tips

Small steps can help your family get on the road to maintaining a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

### ***Change Your Shopping Habits***

- Eat before grocery shopping
- Make a [grocery list](#)  (94 KB) before you shop
- Choose a checkout line without a candy display
- Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)

### ***Watch Your Portion Size***

- Share an entree with someone
- If entrees are large, choose an appetizer or side dish
- Don't serve seconds
- Share dessert, or choose fruit instead
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home
- Cut or share high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces
- Eat off smaller plates
- Skip buffets

### ***Change the Way You Prepare Food***

- Cut back on added fats and/or oils in cooking or spreads
- Grill, steam, or bake instead of frying
- Make foods flavorful with herbs, spices, and low-fat seasonings
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and condiments
- Serve several whole-grain foods every day
- Top off cereal with sliced apples or bananas

### ***Change Your Eating Habits***

- Keep to a regular eating schedule
- Eat together as a family most days of the week
- Eat before you get too hungry
- Make sure every family member eats breakfast every day
- Drink water before a meal
- Stop eating when you're full
- Don't eat late at night
- Try a green salad instead of fries
- Ask for salad dressing "on the side"
- Chew slowly every time you eat and remind others to enjoy every bite
- Serve water or low-fat milk at meals, instead of soda or other sugary drinks
- Pay attention to flavors and textures
- Instead of eating out, bring a healthy, low-calorie lunch to work and pack a healthy "brown bag" for your kids
- Provide fruits and vegetables for snacks
- Ask your sweetie to bring you fruit or flowers instead of chocolate

(Source: Adapted from [smallstep.gov](#))

Keep track of tips you've tried with our [tracking sheet](#)  (48 KB).