Healthy Eating Barriers and Helpful Tips

I DON'T HAVE TIME FOR BREAKFAST…

Start every day with breakfast. Breakfast fills your "empty tank" to get you going after a long night without food. Eating breakfast can also help prevent overeating during the rest of the day.

- **TIPS:** Eat easy to prepare breakfasts such as cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, or whole-grain waffles!

I GET HUNGRY AND NEED TO SNACK…

Snack *Smart*. Snacks are a great way to refuel up the body in between meals. But try to plan ahead and prepare snacks that are healthy.

- **TIPS:** Choose snacks from different food groups -- a glass of low-fat milk and a few whole grain crackers, an apple or celery sticks with peanut butter and raisins, or some dry whole-grain cereal. Try to measure out snacks in small portions (e.g., 100 calorie snacks).

I EAT OUT A LOT…

Choose Wisely**.** It is hard but not impossible to eat healthy when you eat out. One of the big challenges is that most restaurants serve portions that are too large. Limiting eating out will make it not only special, but will also save you money and allow you more control over what you eat.

- **TIPS:** Choose entrees that include vegetables. Avoid cream and butter sauces. Order water instead of soda. When you are served your food, divide it in half and ask for a container to pack up half for another day. If you choose salads, ask for nonfat or low fat dressings, and go light on the dressings. Ask to leave off mayonnaise or other sauces.

I DON'T HAVE TIME TO EAT HEALTHY...

Many people think it takes a lot of time to cook foods from scratch. But it doesn't have to!

- **TIPS**: Go to your library and check out the cooking section. Find books with "light," "healthy," "easy," and "fast" in the titles. Many of these have small ingredient lists and can be prepared quickly. Plan your meals for the week. It may take a little up-front time, but a good weekly meal plan can save you time AND money in the end. When you are tired and get home from work, you will know what you have planned for dinner that night and will have all of the ingredients you need.

IT'S TOO EXPENSIVE TO EAT HEALTHY…

Eating healthy is less expensive than you might think, and could even save you money.

- **TIPS:** Replace some of your meats with beans, seeds, and nuts— it will save money and will be healthier. Buy fruits and vegetables in season, when they are most affordable. If you eat out a lot, limiting eating out to one lunch per week will save you money (and help your waistline!). Buy canned and frozen fruits and vegetables (be sure there is no added salt or sugar) - they are handy and healthy.