

11 Tips for Eating Better

- **Take time out for meals.** Making time for meals is key. Try and set a regular eating schedule. Missing meals saps your body of energy and increases the effects of stressful situations.
- **Eat the right proportions.**
- **Add don't subtract.** Don't focus so much on fad diets or cutting out all carbs, sugar, or fats. Make small changes over time. Focus on adding healthy options with vitamins and nutrients you know you are lacking.
- **Eat breakfast.** Make it low-fat and high in carbohydrates or protein (oatmeal, cereal, fruit, yogurt, bagels, etc.)
- **Graze, don't gorge.** Eat five or six smaller, lighter meals per day (three lighter meals plus two healthy snacks.)
- **Savor, don't scarf.** Eat slowly! It will lead to more pleasure and less overeating.
- **Eat protein for mental alertness.** Make lunch high in protein to stay energized throughout the afternoon (chicken, turkey, fish, beans, tofu).
- **Drink water.**
- **Emphasize fresh fruit and vegetables.**
- **Avoid caffeine after noon.**
- **Avoid foods that set off stress pain:** Caffeine and foods that disagree with you.

Eating Better Resources

- Watch the **Bargain Breakfasts to Dirt Cheap Dinners** webinar by the UMN Alumni Association to learn more about eating healthy on a budget.
- Check out **Healthy Eating Plate**, a nutrition guide complete with portion suggestions and recipes from the Harvard School of Public Health.
- The **UMN Extension** has a plethora of resources under their Live Healthy, Live Well Initiative complete with printable PDFs on how to eat healthy on the go.
- Download **Good & Cheap: Eat Well on \$4/Day** as a free PDF for cheap and easy recipes, as well as tips for keeping your pantry stocked and shopping on a budget.
- Visit **MN Grown's** website for info on local growers, markets, and to check out what's in season in MN!