

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

5 Steps to Healthier Eating

March is National Nutrition Month. Follow these five steps to begin making changes to your eating habits and create a healthier lifestyle.



1. **Forget the fads.** Fad diets offer many promises but not many permanent solutions. Good diets include more fruits, vegetables and whole grains, less fat and sodium and remember - everything in moderation.
2. **Make a commitment.** Record reasons why you should change your eating habits. Make a promise to make healthier eating choices with your family.
3. **Plan ahead.** Plan healthy meals and snacks for the week. Store healthy foods in easily accessible places and move less healthy snacks and desserts to the back of the shelves.
4. **Shop smart.** Make a list and stick to it. Include lots of fruits, vegetables and whole grains and limit processed and high-fat foods. Wash and cut up vegetables and fruits when you get home; they will be more easily accessible this way.
5. **Reward yourself.** Changing your eating habits can be tough. Don’t be hard on yourself; it may take time. When you do start to see a pattern, congratulate yourself.



*To view article online, visit our Web site at www.marshfieldhealthylifestyles.org.
For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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