

“TELL ME WHAT YOU EAT, AND I WILL TELL YOU WHAT YOU ARE...”

-JEAN ANTHELME BRILLAT-SAVARIN, FRANCE, 1825

DON'T BE A DORITO



Your food choices affect your day by impacting your mood and energy level. Making healthy choices allows your brain and body to function at their best. Small changes can have a big impact! Choose one of the three options at the bottom of the page to start.

NEW CHOICES = NEW HABITS

Scene: the kitchen, after school

Scenario: you are hungry!

This is a scene that you have participated in many, many times. The choice you are about to make (what to eat) is a habit. Making a change in your eating habits may not be easy- it can take up to 3 weeks to create a new habit! If you are used to eating Doritos after school, your brain and body will be expecting Doritos. When you eat an apple and some almonds, your brain may still want Doritos, even if your body isn't truly hungry. (Yes, you may need a Dorito detox) Some days you may still eat the Doritos- and that's ok. That isn't a failure. Just keep working to build your new (Dorito-free) habit. It can help if you track your progress at the beginning.



**INCREASE WATER INTAKE
TO 64 OUNCES A DAY**
(4 bottles of water)



**INCREASE FRUIT AND
VEGETABLE INTAKE**
(5-10 servings a day)



**MINDFULLY CHOOSE AND
ENJOY YOUR FOOD**
(eat when hungry)

THE BEST WAY TO EAT IS ONE THAT MAKES YOU FEEL **HEALTHY AND HAPPY**

There is no one magic diet which is going to make everything in your life better. Focus on making consistent, healthy choices. Healthy eating will not be exactly the same for any two people. Choose healthy foods that you like- eating should also be enjoyable! Eating cabbage soup every night will not last very long if you hate cabbage. Giving up all of your favorite foods for forever will not last very long, either.

There are no “good” foods and there are no “bad” foods. There are foods you will eat more of because they offer your body more nutrition (fruits and veggies, for example). There will also be foods you eat less often because, although they may taste good, they have little nutritional benefit (candy, french fries).

Eat when you are hungry- not bored, or tired, or upset. Ask yourself how you are feeling before you eat. Eating should be its own experience- don't eat while watching TV, doing homework, or rushing out the door. Slow down and enjoy!

EATING SHOULD ALWAYS BE ABOUT NOURISHING YOUR BODY

ARE YOU THIRSTY?

If so, you are probably already dehydrated. Water (and fluid intake in general) plays a huge role in our health. Our bodies can often confuse hunger and thirst signals from the brain. You may not be hungry- you may be thirsty! Drinking juice, pop, and sports drinks may provide you with fluids, but they also have a **TON** of sugar and calories.

What about sugar-free or diet drinks?
Still not as good as water.

Artificial sweeteners train our brains to crave sweet tastes. And believe it or not, there has never been a study that was able to show that sugar free drinks help with weight loss.



