



## Common Barriers to Healthy Eating & Helpful Tips

Participant Handout

### **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. **TIP:** 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!

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### **I EAT ALL THE WRONG SNACKS...**

Snack Smart. Snacks are a great way to refuel up the body in between meals. If you eat smart at other meals, it is OK to occasionally eat cookies, chips and candy. **TIP:** Choose snacks from different food groups -- a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.

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### **I EAT TOO MUCH OF ONE THING...**

Control your portion sizes. You don't have to completely give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. **TIP:** Balance your food choices from the Food Guide Pyramid.

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### **I DON'T EAT ENOUGH GRAINS, FRUITS AND VEGETABLES...**

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! **TIP:** Try whole-wheat breads, bagels and pita. Spaghetti and oatmeal are also in the grain group. Try whole wheat pasta. **TIP:** Bananas, strawberries and melons are some great tasting fruits. Also, buying fruits that are in season can help you save money! **TIP:** Try vegetables -- raw, on a sandwich or in a salad.

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### **I EAT ALL THE WRONG FOODS...**

A healthy eating style is like a puzzle with many parts. Each part -- or food -- is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. **TIP:** Foods aren't good or bad. Eat higher-fat foods in moderation. Eat a variety of foods. **TIP:** Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. **TIP:** Balancing your choices is important. And don't forget about moderation!

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Take advantage of physical activities you and your friends and family enjoy doing together and eat the foods you like. Be adventurous -- try new sports, games and other activities as well as new foods. Set realistic goals -- don't try changing too much at once.