

UniversityHealthServices

We heal. We educate. We care.

HEALTHY DIET

1. **Forget the fads.** Diet fads come and go—without offering a permanent solution. When you hear about the latest diet, always ask yourself: can I eat this way for the rest of my life?
2. **Be realistic.** Any eating plan needs to work for your family and situation. It needs to fit with your schedule, food budget, and cooking skills.
3. **Make a commitment.** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthful food choices with your friends or family.
4. **Start slow.** Making drastic changes can be a recipe for failure. Small changes can make a big difference if they last. Pick one change, such as eating breakfast, and make it a habit.
5. **Be consistent.** The human body responds well to consistency. If you decide to eat breakfast, making eating breakfast part of your daily routine rather than an occasional thing.
6. **Stick to it.** Research suggests that it takes approximately 21 days for a behavior to become a habit. If you want to start eating breakfast, make a plan with 21 breakfast menus you'd love to eat.
7. **Be flexible.** Life is full of surprises, and plans need to change. If an early meeting makes breakfast at home impossible, you need some alternatives, such as “desk-fast” at work.
8. **Be creative.** Make a list of all the possibilities, such as all the breakfast options you enjoy at home, in the car or on the bus, at work, or from the vending machine.
9. **Stock up on options.** Once you have a list of possibilities, stock up. Fill your cupboards, car, and desk drawers (anywhere you might eat breakfast) with healthful options.
10. **Plan ahead.** When situations pose problems, make a healthful plan. Have a meeting where giant cinnamon rolls are served? Plan to eat one-half of a roll and bring cheese and fruit with you.
11. **Forgive yourself.** Healthful eating does not have to be perfect eating. If you make a big mistake or miss a few days of healthful eating, no biggie. Just get back on track ASAP.
12. **Congratulate yourself.** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for *any* healthful changes.

Test Results

Please call the nurse for test results:

General Medicine: 863-4463

Women's Health: 863-2633

Appointments

Appointments can be made in person or by phone. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments, call:

General Medicine: 863-0774

Women's Health: 863-2633

For more information about health care issues, visit the UHS Web site at www.sa.psu.edu/uhs

This publication is available in alternative media on request.

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