



Dear Coordinator,

Welcome to *Getting Started with Healthy Eating*, a focus on healthy food choices and goal setting. Participants will have the opportunity to examine their pros and cons of healthy eating and ways to overcome their barriers.

Please distribute *Getting Started with Healthy Eating* to your co-workers during your next staff meeting. Our research shows that your wellness program is more likely to be successful if you take 5 *minutes* during a staff meeting each month to discuss the materials. The social support that employees get from one another goes a long way in helping them get started and stay committed to a healthy lifestyle.

Here are easy steps to take to get the program going in your clinic.

- 1** **DISTRIBUTE** *Getting Started with Healthy Eating* at the next staff meeting. Ask employees to share their biggest challenges to healthy eating and brainstorm suggestions for overcoming those issues.
- 2** **CHECK** on participants once a week this month. Ask if they have read the packet and have any questions.
- 3** **SELECT** an activity from the idea list. Try Basket Full of Goodies or Restaurant Review.

We look forward to working with you and hearing about the great successes your clinic is having. If you have questions or concerns, please contact The University of Texas Wellness Team at (512) 471-4494 or UTWellness@austin.utexas.edu. Remember we are here to support you.

Sincerely,

The University of Texas Wellness Team

Getting Started with Healthy Eating Idea List



Basket Full of Goodies

Ask employees to bring a variety of fruit on a designated day each week (e.g., Tuesday). Place a large basket in the break room and let employees fill it up and take what they want for a healthy mid-day snack. This will help everyone meet his or her 5 A Day goal!

The Good, the Fad, and the Iffy

Ask one of your Registered Dietitians to lead a discussion on varying diet fads.



Restaurant Review

Have employees bring in menus from popular local eating places. Distribute copies for each employee and have them identify healthy selections. Encourage them to circle several “best” choices and keep the menus at the office or at home for quick reference.

“Healthy Eating Goal Ideas” tip sheet

Post a copy of the Healthy Eating Goal Ideas on your clinic refrigerator.

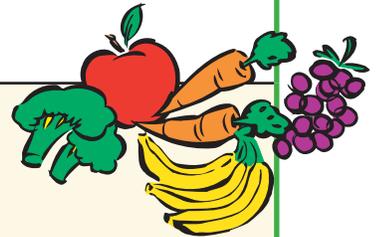
Ideas for Healthy Eating Goal

Here are some simple ways to help you eat more healthfully. It is all about you and what works best for your lifestyle. Talk with your coworkers, family, or friends about your ideas and answers to the following questions:

- What type of healthy food do I enjoy?
- What am I currently eating?
- What changes can I make?
- How will I measure success?

Short-Term Goal-Setting Worksheet

Circle 3 things you want to try this month.



Beginning Level

- Keep a food diary and check my food choices
- Try a recipe from my low-fat cookbook
- Think before I eat to make healthy choices
- Refrain from shopping when I am hungry
- Cook a healthy meal at home
- Start taking a multi-vitamin
- List of the benefits I feel when I make healthy choices
- Plan for healthy snacks: pretzels, raw vegetables, air-popped popcorn
- Get a low fat cookbook
- Skip dessert today
- Read labels
- Have a garden salad today (with light dressing)
- Bring a healthy lunch to work 3x/week
- Check my “hunger” level before getting a second helping
- Switch from whole milk to 2% or switch from 2% to 1%

Medium Level

- Start the day with a healthy breakfast
- Not skip meals and let myself get too hungry
- Remove the skin from poultry before cooking
- Eat a piece of fruit today for my snack
- Replace soda with water
- Stop eating when I am full
- Use light or no-fat mayonnaise instead of the regular mayonnaise
- Use skim milk as my coffee creamer
- Choose fish instead of red meat once a week
- Choose a low-fat version when I want my favorite food
- Share a meal with someone while dining out
- Drink the caffeine-free versions of my favorite soda
- Use olive or canola oil to cook
- Read labels

High Level

- Drink eight glasses of water today each day
- Eat portion sizes; not super sizes
- Prepare a list in advance and stick to it when I grocery shop
- Buy/choose low-fat dairy products only
- Stick to meat portions the size of a deck of cards
- Eat two servings of vegetables at every meal
- Drink 100% juice instead of caffeinated drinks
- Buy/choose whole grain bread only
- Drive by, not thru, the fast-food restaurant