

Making the Healthy Choice the Tasty Choice



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Presented by
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UTHealth[®]
Houston
School of
Public Health

introduction

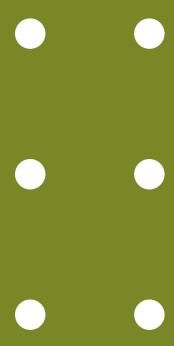
About

Dolores Woods, MA, RD, LD

Nutritionist supervisor at Nourish at the UTHealth School of Public Health

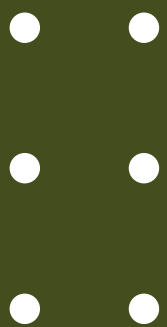
Diana Guevara, MPH, RD, LD

Community health education specialist at Nourish at the UTHealth School of Public Health



Turn your **goal** into a **plan**

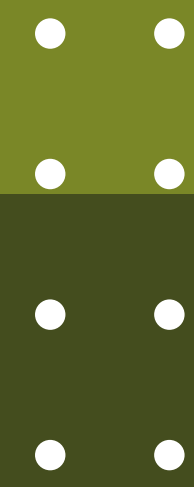
- consider overall health goals
- pare down into actionable steps



SMART Goals

SPECIFIC

- focus on actions
- one step at a time



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SPECIFIC

Refine your goal. Be clear and specific so your goals are easier to achieve.

MEASURABLE

Make your goals easier to track. It tells you when the goal is accomplished.

ATTAINABLE

Your goals should be actionable and doable.

REALISTIC

Be honest with yourself. Know what you can manage and what you can achieve

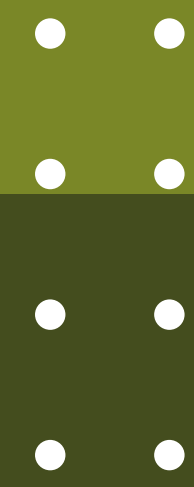
TIME-BOUND

Each resolution should have a time limit. Make sure your goal has a target date.

SMART Goals

MEASURABLE

- define how you will measure success
- helps you stay on track
- gives you a feeling of control



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SMART Goals

ATTAINABLE

- goals must be doable
- reasonable goals are attainable goals

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SMART Goals

REALISTIC

- small and feasible
- avoid setting unrealistic goals
- does it fit into your life?

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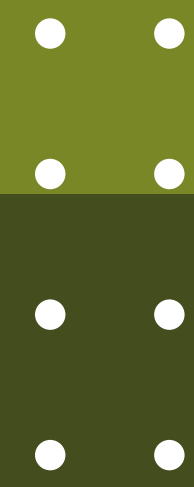
TIME-BOUND

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SMART Goals

TIME-BASED

- consider a time limit
- deadlines keep you accountable
- helps to avoid postponing lifestyle modifications



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SMART Goals

"I want to eat more fruits"



"I will eat one piece of fruit at
lunch three times this week"

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SMART Goals

"I want to drink more water"



"I will drink a glass of water
before each meal for the next
30 days."

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Tips for

Healthy Eating



- choose healthy fats
- balance protein intake
- include fruits and veggies
- increase water intake
- manage stress
- allow for setbacks

Flavor

in recipes

- **Fresh herbs** – add a burst of flavor with cilantro, mint, or basil
- **Spices** – add savory flavor with cumin, coriander, or smoked paprika
- **Sauces** – soy, hoisin, or fish sauce can help pack on a lot of flavors (used reduced sodium varieties)
- **Stock** – add flavor to grains and lentils without adding extra salt by using vegetable or chicken stock
- **Heat** – add fragrance, flavor, and hotness by using chilies, ginger, or garlic
- **Zest** – citrus zest or juice can stimulate taste buds



slow & steady Change

- Take it slow
- Make changes to one meal at a time
- Get creative to avoid burnout



Pantry Lunch Items



quick heat grains



tuna pouch



meatless taco crumbles

Frozen Lunch Items



power bowls



frozen vegetables



grilled chicken breast

Grocery Store Tips

Breakfast & Snack Items

- Single-Serve Yogurt Cups
- Oatmeal Cup
- Egg Bites
- Hummus & Pretzels
- Roasted chickpeas
- Mixed nuts



Grocery Store Tips

Lunch & Dinner Items

- Minute Rice
- Ready Pasta
- Salad Kits
- Rotisserie Chicken
- Cooked frozen shrimp
- Hardboiled eggs



Power Bowls

Power bowls are a quick way to incorporate whole grains, veggies, and protein. Tossing it with dressing and sprinkling with nuts or seeds allows for a nutrient packed lunch!



Power Bowls

Whole Grains

brown rice,
lentils, or
quinoa

Protein

beans, tofu,
eggs, shrimp, or
chicken

Veggies

cucumbers,
sweet
potatoes,
avocado, baby
spinach

Dressing

creamy
avocado, garlic
tahini

Nuts & Seeds

pumpkin,
sunflower,
almonds



Spiced Beets and Citrus Lentils

Lentils are an easy to addition to any side, salad, or can be the main feature for dinner. They are simple to easy, quick to make, a great source of a complex carbohydrate, and serve as a plant-based protein!



Spiced Beets and Citrus Lentils

Spiced Beets and Citrus Lentils are packed with flavor and protein. This recipe can serve as a quick lunch, snack, or even as a side. Adding a piece of salmon, or chicken breast would make it the perfect dinner!



Let's stay in touch

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