

# Eating For A Better You



We all know that in order to stay healthy we have to eat foods that are not only going to fuel us through each day, but also nourish every part of our body and mind. Today I want to take a close look at the foods that you eat so that you can determine the changes can be made in order to eat for a better you!

First, let's take a look at what a normal day looks like for you in terms of your eating habits. Be honest and also include any beverages you may consume during a typical day.

*Breakfast*

*Snacks*

*Lunch*

*Snacks*

*Dinner*

*Snacks*

I now want you to identify three foods or drinks from this list that you think might not be good for you. This could be because they are high in sugar, high in calories or contain high levels of saturated fat etc. You can also list foods that may not be too unhealthy, but that you consume in excess. For example, that third cup of coffee, or that second portion of pasta!

List each food below and try to give a reason for why you think it isn't a healthy choice.

1)

2)

3)

Having identified these foods as unhealthy, it would be great if you would make a promise to yourself to either lower your intake of them, or eradicate them from your diet completely!

