

## Food and Habits: Simple Changes for a Healthier You

Here are some simple tips to help you eat better.

First, try \_\_\_\_\_ sugary drinks and snacks. **If I were you, I would** switch to water or herbal tea instead. You might also want to \_\_\_\_\_ processed foods and eat more fresh fruits and vegetables.

Snacking can be a problem because many of us \_\_\_\_\_ extra weight from eating without thinking. To help with this, try to **hold back on** unhealthy snacks by keeping healthier options like nuts or yogurt nearby.

Another good idea is to keep a food diary. \_\_\_\_\_ writing down what you eat; it can help you see your habits. **It might also be a** \_\_\_\_\_ to plan your meals for the week so you're less tempted to grab junk food.

Finally, think about what habits you could \_\_\_\_\_. For example, \_\_\_\_\_ more at home. This way, you can control what goes into your meals and how much you eat.

By making these small changes, you can develop healthier eating habits that work for you.