



MAINTAIN DON'T GAIN CHALLENGE

WEEK 1: BUILDING HEALTHIER MEALS

You don't have to change your diet completely to eat healthier. All you have to do is make small adjustments to how you shop and prepare food.

Swapping out foods with healthier ingredients or higher nutritional content doesn't mean that the flavor has to suffer. Lean proteins, low-fat dairy, and whole-grain pasta are easy substitutions that often go undetected to the average eater!

Eating healthy isn't hard. Check out these tips to help get you started:

- **50% Veggies and Fruit.** When you're planning a meal, make sure half of what you're eating is either a vegetable or fruit.
- **Slow Down.** It takes about 20 minutes for your body's "full sensor" to kick in once you've started eating. When you eat slowly, you give your body time to tell you you're full before you overeat.
- **Use a Smaller Plate.** The bigger the plate, the more food we tend to put on it. Using a smaller plate is a great way to control your portion size.

Take a look at your meals today and ask yourself, what could you try instead?

Adapted from UC Health Plans



THIS WEEK'S WEBINAR

- [Healthy Food Choices on the Go](#)



THIS WEEK'S TIP

- [10 Tips for Building Healthier Meals](#)



THIS WEEK'S RECIPE

- [Southwestern Spaghetti Squash and Turkey Meatballs](#)



ADDITIONAL RESOURCES

- [Build a Better Meal](#)
- [Substitution Solutions](#)
- [What's on Your Plate?](#)
- [UCI Campus Recreation Cooking Class Discount](#)
- [Farmers Market at UCI and Other Local Farmers Markets](#)



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