



LARIMER  
COUNTY

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# your HEALTHUPDATE

Take Healthy Eating One Step At A Time

## SHAPE YOUR nutrition goals

Eating better looks different for everyone. Allow your healthy eating plan to change over time as you develop new tastes and improve eating habits.

Try these three ways to support your healthy eating goals:



### START WITH A PLAN

Define a specific manageable goal like, "I want to eat a vegetable with every dinner" or "I want to prepare healthy lunch options for my workweek." Then outline a clear plan such as, "I will prepare a small side salad for my dinners this week." **Modify your plan to meet your healthy eating goal every week and to keep your taste buds interested.**



### SPICE IT UP A LITTLE FOR EXTRA HEALTH BENEFITS

**Adding spices to your food can be good for your overall health.** Try blending a teaspoon of cinnamon into your morning coffee or oatmeal to help manage blood sugar levels, sprinkle in turmeric to your vegetable stir fry to reduce inflammation in the body, or add roasted garlic to chicken and white bean chili to lower blood pressure and support heart health.



### ENCOURAGE TASTE EXPLORATION

**Replace your usual side dishes with new foods to expand your healthy eating options.** Try substituting quinoa into your rice recipes for a boost of nutrients like magnesium, antioxidants, fiber, and iron. Or spread avocado on your sandwich instead of cheese for a heart healthy alternative.

Healthy eating, like improving physical health, is unique to you. Talk with your doctor about nutrition plans or healthy eating programs that can support your specific health needs.