

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at  
<https://www.albertahealthservices.ca/news/Page9966.aspx>

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**Proposed publication date:** Jan. 3, 2022

**Content provided by:** Alberta Health Services

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## New year, new approach to healthy eating

If you are thinking about making changes to the way you eat, the new year can be a good time to start. When you try to improve the way you eat, don't compare yourself to others. A change that works for one person may not work for others.

A great place to start is to think about where you are at now. What does a typical day of eating look like? Take some time over the next few days to write down everything you have to eat and drink throughout the day. This is called a food journal. If your eating habits change on the weekend, include at least one of these days, too. You don't need to share your journal with anyone else. It is just for you. Tracking is one way to help you pick out small changes you'd like to make.

Here are some more tips to get you started on your path toward healthy eating:

- **Choose a small goal that is important to you.** For example, maybe you only eat vegetables once or twice a week. You know you can increase that amount with a few changes in your routine.
- **Break your goal down into smaller goals.** You can start with one meal or snack. For example, replace an unhealthy snack with carrots or celery sticks to increase the amount of vegetables you eat in a day.
- **Make your goal even more specific.** You can do this by setting a SMART goal:

- **Specific:** I will choose vegetables for an afternoon snack, five out of seven days of the week.
- **Measurable:** I will choose vegetables I like (such as carrots, celery or cucumber) as a snack Monday to Friday.
- **Attainable:** I can reach this goal because I currently eat a snack during my workday Monday to Fridays. Instead of buying a cookie, I will buy the vegetables I like to eat and prepare them for my snacks.
- **Rewarding:** This change is rewarding because it will help me build a healthy habit.
- **Timely:** I will start my goal on Monday, Jan. 10.

For more healthy eating tips and recipes, go to [ahs.ca/healthyeatingstartshere](https://ahs.ca/healthyeatingstartshere).