

Building Healthy Eating Habits



Cambridge
Public Health
Department



The Men's
Health
League
A Community Health Partnership for Men

***Use links to find more support on topics!**

#1

Stick to a Schedule

Example:

Eat breakfast between 7-9am, lunch between 12-1pm, a snack between 3-4pm, and dinner between 5-7pm

#2

Make a Shopping List

Planning out weekly meals in this way can save money and time each week!

- Pick out recipes for the week
- Write out a grocery list
- Stick to your list when shopping



<https://bit.ly/3dizrjW>

#3

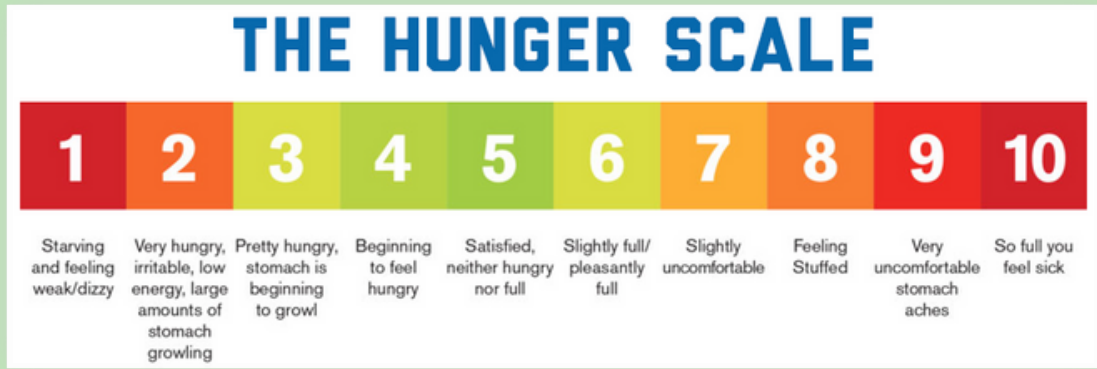
Meal Prep

Prepping for meals in advance makes eating healthy meals easy and saves time (especially on busy weeknights!):

- Select the day to do your meal prepping (Sunday is great if you don't work and can get kids to help!).
- Start with just one meal (breakfast, lunch or dinner) and make 3-4 days worth.
- Choose the meal you struggle the most with.

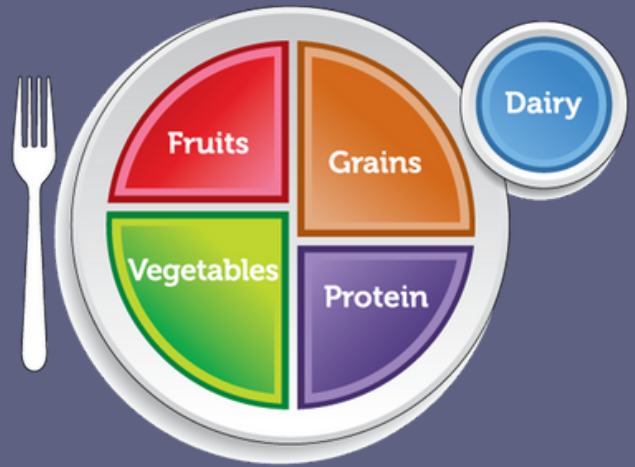
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#4



#5

Make 1/2 of Each Plate Vegetables & Fruit



<https://bit.ly/2Ag3iel>

#6

Share Your Goals

Sharing goals and ideas with friends and family bring in the support you need to make real lifestyle changes. This means you'll have people to help you stay on track, offer congratulations as you achieve goals and maybe try new things with you!



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Eat healthy. Move often. Live well.