

2015 Healthful Goal Guide

What kind of goals are you setting?

Unrealistic Goals:

Don't jump the gun and ask too much of yourself. If you do this, you'll be starting down an unsustainable and unhealthy path.

Make sure the unsustainable goals below aren't on YOUR list...

- Exercising every day.
- Never go out to eat.
- No snacking or desserts.
- A strict diet that eliminates macronutrients or whole food groups.
- Skipping breakfast or lunch daily.

Choose realistic goals instead! Here are some examples...

Realistic Goals:

Realistic goals can be challenging, but should be achievable. Look for ways to improve your lifestyle, diet, and activities. Not all at once, mind you. Start slowly and keep steady.

How? Try one of these...

- Losing 1-2 pounds per month.
- Exercising for 5-6 days per week.
- Try new-to-you healthful foods.
- Find satisfying, low-calorie snacks.
- Reduce portion size at meals.



- Follow MyPlate's advice: enjoy your food, but eat less of it.

So, what'll it be? **What's your goal for 2015?** How will you achieve it?
