

# Go Ahead...



# ...Eat Pizza!

## Tips to help change your eating habits

If you've tried every diet in the book and are still not reaping the results that you desire, it's time to change your eating habits. In addition to getting at least 30 minutes of exercise daily, you must also eat a sensible diet to maintain a healthy weight and thwart your risk of illness.

The best part is you don't have to give up some of your favorite foods to still eat healthy. Here's how:

- Enjoy a slice of pizza made with whole-wheat crust. Instead of putting high-calorie meats like pepperoni and sausage on your pie, pile on the veggies. Also, consider putting on minimal or no cheese to cut calories.
- Take the top slice of bread off your sandwich to save yourself 80 to 100 calories.
- Keep the carbs in your diet but eat sensibly. Opt for whole-wheat pasta, crackers or bread. And, eat only one serving and fill up on veggies instead.
- Eat vegetables or a salad as your first course. By filling your tummy with low-calorie vegetables first, you'll eat less for your meal and get the nutrients that you need as well.
- Downsize your snack choices to avoid overeating. Instead of buying a large bag of chips, purchase snack-size bags or fill reusable bags with single servings from a large bag of snacks.
- Watch what you drink. Instead of guzzling down a 20-ounce regular cola with 250 calories, opt for the diet version. Also, watch out for calorie- and sugar-filled juices, coffees and hot cocoa.

While fighting the fat, don't deprive yourself of your favorites. Instead, only eat them on occasion and in moderation.

WillisTowersWatson 