



Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



Write down your goals!
