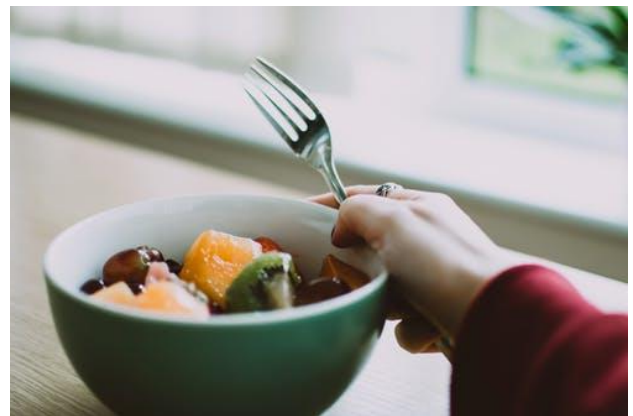


## Healthy hints for *Drop 5 to Start '21*

Congratulations on your decision to begin a weight-loss journey. Below are some healthy hints provided by the Drop 5 motivational team to help you kick-start your healthy year.

### Keep celebrations healthy

- Use small plates. People who use large plates tend to fill them and then feel obligated to clear them.
- Pack a healthy snack.
- Get up on your feet. Talk a walk after a meal as a family or workout before your celebration.
- Think about your drinks. Don't waste calories on drinks.
- Eat five servings of fruits and veggies throughout the day. At a party, look for the healthiest choices.



### Eat a healthy breakfast

- Include whole grains. Try to add steel cut oats, quinoa or whole-grain breads.
- Use lean protein.
- Add vegetables wherever you can. Add spinach and mushrooms to your scrambled eggs. Use vegetables leftover from dinner as a side for your breakfast.
- Meal prep. Try overnight oats or make-ahead pancakes or egg cups with veggies.
- Be creative. Don't get stuck by thinking you must eat traditional breakfast food. Leftovers from dinner, soups or salads are all good choices for breakfast.

### Drink more water

- Bring water with you — even when mowing, raking, gardening or building a shed.
- Choose water instead of sugar-sweetened beverages.
- Choose water at mealtime.
- Add lime or lemon to water to improve taste.
- Set hourly drinking goals.

Join us on Thursdays at noon Eastern time for more motivational hints at the beginning of every Virtual Well-Being session.