



# Bloom Where You are Planted

## Small Changes/Large Impact

What are some changes you can make and how can you do so?

### **Eat more fruits and vegetables**

- Include a fruit or vegetable with every meal!
- Maybe even with your snacks!
- Think about getting these first to put on your plate.

### **Eat a variety of foods**

- Make your plate look like MyPlate: include a lean protein, starch, fruits and vegetables.
- Don't be afraid to try something new!

### **Drink more water everyday**

- Start your day with water.
- Keep water nearby.
- Take water with you on the go.
- Spruce up your plain water with fruit infusion!

### **Surround yourself with nourishing and fulfilling foods**

- Think about how foods are making you feel.
- Set yourself up for success! Be conscious about what you are buying and keeping near you.

### **Get moving; Move everyday**

- Walk at lunch or between meetings/classes.
- Take the stairs.

### **Tips for Success!**

- Nutrition is individualized, do some self-reflection, what can you work on?
- Make 1-2 **SMART** goals: specific, measurable, attainable, relevant, time-based
- **Consistency is KEY!**
- Take what you have now paired with your new knowledge and work to make small changes because if you are consistent, it can have a large impact.

