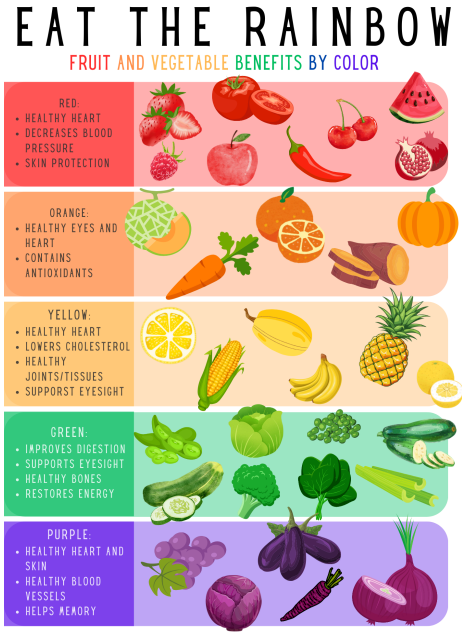
Building healthy habits one step at a time

Eating healthy and establishing healthy habits are topics that are discussed daily, especially during doctor visits, when patients are often encouraged to make changes to improve their health. However, establishing a new habit can sometimes be difficult, especially when it is something a person has never incorporated into their daily routine. Despite efforts to educate individuals and communities about healthy behaviors and physical activity, unhealthy eating habits continue to be a concern. One reason for this may be that people often believe making a change requires a major lifestyle adjustment. Meaningful changes can mean beginning with small, manageable steps. It's about shifting our mindset and becoming open to experiences that can bring long term health and longevity. From childhood, our food choice can be influenced by the products, advertisements, and technology surrounding us. Therefore, it is important to recognize these influences and make thoughtful decisions about what we choose to eat. Sometimes, people associate healthy eating with bland foods, fewer spices, or meals that lack color or variety. However, eating healthy does not mean limiting ourselves or giving up the foods we enjoy. Instead, it means exploring different alternatives that can provide greater nutritional benefits and support our overall health. A professor named Dr. Deborah Meshel, who teaches community health at Dominican University of California explains, incorporating a variety of colorful foods into our diets is important because different foods provide different nutrients and health benefits. This demonstrates that healthy eating is not about restricting ourselves, but rather about choosing a variety of foods that nourish our bodies and contribute to our well being. Some examples that individuals can start implementing by adding one fruit or vegetable to their daily meals. As well as, replacing surgery drinks with water. Making these changes may seem so small, but actually have a huge impact. These small changes can make eating healthy enjoyable, accessible, and realistic, individuals may feel more encouraged to maintain these habits over time.



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