



Recap Habit of the Week for Lesson 1

Congratulations on a successful week with your first Lean University nutrition lesson!

After reviewing this lesson, you will have learned:

- The importance of nutrient-dense foods
- Why calorie counting is not as important as choosing nutritious foods and listening to your body
- How to read food and nutrition labels and how to avoid being misled by false label claims
- How to determine if a food is truly healthy for you

This week you practiced having a fruit or vegetable every time you ate. Ideally, you were eating three times as many vegetables as fruits due to the higher calorie and sugar content of fruits. Review your table and discover where your diet is lacking vegetables and/or fruits, and look to see if you are eating more fruits than vegetables. What can you do to eat more vegetables and have them with almost every meal?

If you really don't like the taste of many vegetables, try spicing them up with new seasonings or pairing them with healthy fats like olive oil. You can grill, steam, or bake vegetables to make them more appealing. Look into your local bookstore for amazing vegetable cookbooks to give you new ideas and inspirations.

You will learn more healthy eating strategies in the forthcoming lessons. Enjoy!