

Tips To Keep on Track

The DASH eating plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track.

broccoli

1 Ask yourself why you got off track.

Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack and start again with the DASH plan.

2 Don't worry about a slip.

Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.

3 See if you tried to do too much at once.

Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.

4 Break the process down into small steps.

This not only keeps you from trying to do too much at once, but also keeps the changes easier. Break complex goals into simpler, attainable steps.

5 Write it down.

Learn what your daily calorie level should be to maintain or reach your goal weight by using the free, interactive, online [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Then use the [What's on Your Plate?](#) worksheet to keep track of what you eat and drink. Knowing what your goal is and then keeping track for several days can help you succeed. You may find, for instance, that you eat sugary or salty snacks while watching television. If so, try keeping healthier snacks on hand. This record also helps you be sure you're getting enough of each food group each day.

6 Celebrate success.

Treat yourself to a nonfood reward for your accomplishments. You could see a new movie, get a massage, or buy yourself flowers or a fun gift.



whole-grain pasta



tomatoes



thyme



peaches