



# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

## PREVENTION AND PROTECTION START HERE

## New Year, New Plate

The turn of a new year is a popular time to make changes for eating healthier. Whether you're [choosing the right strategy](#) or trying to cut calories, starting a new eating routine can be tricky. Luckily for you, we've taken out the guess work and busted a few common food myths to help you start strong on the journey to healthier eating.

### **Myth: Eating Healthy is Too Expensive.**

### **Fact: Healthy food can be budget friendly.**



The cost of eating healthy may outweigh the cost of the potential health concerns that can develop as a result of an unhealthy lifestyle. And the good news is there are many ways to [eat healthy on a budget](#). Try developing a [budget friendly](#) grocery list by planning your meals around produce that is in season and items that are on sale. Growing your own produce is another great way to eat smart, stay active and get the family involved! Start with a small herb garden in your window sill to see how easy it can be.

### **Myth: Healthy food has no flavor.**

### **Fact: Spices can add flavor to any food.**

Did you know that foods develop additional flavor during the cooking process? Using the right seasoning and [cooking method](#) can bring out the best taste in your foods. Get the whole family or your housemates involved in the cooking and [spice up your life](#)!



### **Myth: If I hit a weight loss goal, I can celebrate with a cheat meal.**

### **Fact: Stay on track by sticking with healthy rewards.**



While scheduling and properly planning cheat meals can help you avoid depriving yourself, overindulging after reaching a weight loss goal could also cause setbacks. Instead of food, reward yourself with a fun [physical activity](#) like hiking or treat yourself to that movie you've been wanting to see. Non-food related rewards can help you stay on track and even experience new things.

### **Myth: Eating fats will make me fat.**

### **Fact: A balanced diet includes healthy fats.**

Every diet should have a balance of all the major food groups, including healthy fats. [Healthy fats](#), like essential fatty acids, can even help protect your heart and [other organs](#)! Remember, all fats are high in calories, so pay attention to portion sizes, but also be on the lookout for hidden sugars that usually add more unnecessary calories.



### **Myth: If I cut calories, I'll still be hungry.**

### **Fact: Losing weight doesn't mean going hungry.**



Losing weight and cutting calories doesn't have to mean hunger or not [enjoying your food](#). When planning your meals, be sure to pick foods that will keep you feeling fuller longer, like protein and fiber rich foods. Sometimes making the right food swaps can be confusing and the [CDC](#) has more to break down this myth.

## Additional Resources

- Want other healthy eating myths busted? Click [here](#) for more!
- Not sure where to start when it comes to healthy eating? We have [10 tips](#) to get started.
- Visit our [weight management toolbox](#) for more information to help you achieve your healthy weight.