Here are five simple ways to create habits that'll help you eat — and feel — better.
Keep going with good food

1. Get your motor running
A healthy breakfast sets the tone for your day. So start it right with cereal or oatmeal that's high in fiber and low in sugar.

2. Brown bag it
Instead of grabbing a slice of pizza or a burger for your lunch break, pack a lighter option, like a turkey wrap. Bonus: You'll save some calories, and a few bucks.

3. Think before you snack
Let's face it: those leftover cookies from that lunchtime meeting can be tempting to grab as you walk by. Resist, resist. Bring an apple, banana or some raw almonds to get you through the day without guilt.

4. Go for the good stuff
Your mother was right — eat your veggies. Sure, they're packed with nutrition. But they'll also fill you up instead of, say, a side of greasy fries, which leaves you hungrier, sooner.

5. Avoid sneaky sides
A nice big salad is healthy unless it's loaded with those sneaky sides: creamy dressing, bacon bits, a block of feta. Try lighter toppings or apple cider vinegar. And don't forget to keep portion size in check.

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