

## Make habit change happen

Brushing your teeth is a healthy behavior that you don't even have to think about, right? But at one point in your life, it wasn't second nature—it took practice, until one day it was just automatic. So how did that happen? And how can you apply that same technique to other habits you want to develop, like healthy eating or staying active? You create a habit loop!

### WHAT TO DO

Use the example habit loop below to turn a behavior into a habit. Start by choosing the behavior, then identify the cue, and make sure there's a reward!

#### THE CUE

Pinpoint something in your usual routine that will trigger you to do the behavior. (“When I finish breakfast each morning, I'll head to the bathroom to brush my teeth.”)



BRUSHING  
YOUR  
TEETH



#### THE BEHAVIOR

Doable, quick behaviors (like brushing your teeth) are most effective for creating habits, so choose a simple action you can do each day that takes fewer than five minutes. Practice it every time you have the cue.

THE  
HABIT  
LOOP

CLEAN,  
FRESH  
TEETH!



#### THE REWARD

This is what makes the behavior worth repeating! Your reward can be a physical sensation (“My breath smells great!”) or emotional (“I'm happy my teeth feel clean”). It's this loop of cue-to-reward that creates a habit. And the sooner you experience the loop, the more likely you are to do it again.



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## Beef & portobello burgers

Prep 15 min | Cook 10 min | Serves 4

8

8

8



- 6 oz portobello mushroom caps
- 12 oz (93% lean) ground beef
- 2 tbsp whole-wheat breadcrumbs
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp canola oil
- ¼ cup reduced-calorie mayonnaise
- 2 tbsp chopped basil
- 1 garlic clove, minced
- 4 light hamburger rolls
- 4 thick tomato slices
- 4 large lettuce leaves

**1.** In a food processor, pulse mushrooms until minced. Transfer to large bowl. Add beef, breadcrumbs, salt, and black pepper and stir to combine. On a work surface, with damp hands, shape mixture into 4 (½-inch-thick) patties.

**2.** In a large skillet over medium-high heat, warm oil. Add patties and cook, turning once, until an instant-read thermometer inserted into the side of burgers registers 160°F, about 10 minutes.

**3.** Meanwhile, in a small bowl, stir together mayonnaise, basil, and garlic.

**4.** On tops of buns, evenly spread mayonnaise mixture. Serve burgers, evenly topped with tomato slices and lettuce leaves, in buns.

**SERVING SIZE:** 1 garnished burger

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Dairy-free

Nut-free

