



Here are a few tips that may help you maintain a healthier lifestyle! Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood. By incorporating these simple tips, you can eliminate some of the confusion and learn how to create a more healthy diet that is good for you.

- 1. Buy a bag of cut veggies.** Maybe we shouldn't be too tired (rushed or distracted) to wash and cut up our own fruits and veggies, but we are! Don't sweat it! Buy it already done for you at the supermarket and start eating more healthy, easier!
- 2. Replace process meats with no-nitrate added deli meats.** According to the World Cancer Research Fund and the American Institute for Cancer Research, red and processed meats are a "convincing cause of colorectal cancer". A good practice to follow to keep healthy is to eat no more than 18 ounces of red meat (beef, pork-the other "white meat", lamb) a week and no processed meats at all. The nitrates that are added to processed meats may make them worse than other red meats. To avoid them and lower your sodium intake, look for no-nitrate-added, lower sodium or no salt added deli meats.
- 3. Try a veggie burger.** Soy based burgers are protein-rich. But be sure to check the labels-grain or veggie based burgers, like Gardenburgers, have less than 10 grams of protein.
- 4. Turn spinach into salads.** Spinach is rich in vitamin K, A, C and folate. Also a good source of magnesium and iron! Any greens are good greens, but spinach is a superstar!
- 5. Buy a set of ramekins.** Look for ramekins that hold just a half cup (4 oz) of food. Use them to serve frozen yogurt, ice cream or other sweets. The serving may look small, but it matches the serving size on the Nutrition Facts label.
- 6. Eat plain yogurt or mix plain with sweetened yogurt.** Unsweetened yogurt offers the most nutrient bang for your calorie buck! For extra protein, try creamy-even if it's fat free plain Greek yogurt. If plain yogurt is too tart for you, mix plain and sweetened together!
- 7. Replace a side of rice, potatoes or pasta with beans.** Swap that side of rice or pasta or potatoes for a bean or lentil dish. Beans are, also, inexpensive, so it's an economical way to get a good protein-vegetable mix.
- 8. Cover half your plate with vegetables or fruit.** Forget the "side" of veggies. They should occupy more of your plate than your protein or pasta, rice or potatoes.
- 9. Switch from tuna to salmon.** Canned salmon has more healthy omega-3 fats than canned tuna. The canned salmon is almost always wild as opposed to farmed.
- 10. Work out to TV.** Watching your favorite show? Why not do some strength training? Crunches, push-ups, biceps curls, lunges, be creative! Got a treadmill or stationary bike? Guess where is the best place to keep them?
- 11. Ice Cream: order the "kid" size.** Order the smallest serving (**not necessarily a "small"**) of ice cream or frozen yogurt. Add 25 calories for a cake cone, 60 for a sugar cone and 160 for a waffle cone! A chocolate dipped waffle cone adds about a whopping 300 calories!
- 12. Set yourself up for success by making changes gradually.** Changing everything at once usually leads to cheating or giving up on your new eating habits. Begin with a number of small, manageable steps-like adding a salad to your diet once a day-rather than one big drastic change.
- 13. Avoid eating at night.** Try to eat dinner earlier and fast for 14-16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help regulate weight. Try brushing your teeth following dinner so you may be less tempted to snack.