



11 Easy Tips to Eating Healthy

Remember, we are breaking bad habits and creating healthy new ones. The first 21 days will be the hardest. It takes that long for you to lose your unhealthy sugar and fat cravings and ingrain new thoughts.

Tip # 1

Calories in Calories out: Calories are the fuel we burn...so: More Calories/Less exercise=more fat; Less calories/More exercise=fat loss. If you eat extra calories, then increase your exercise to maintain your weight. Otherwise the extra "fuel" will be stored as fat. Your body uses **protein** to repair & build muscle, **Carbohydrates** are used for energy & endurance, and **good fats** also provide energy, among many other benefits. The **vitamins, minerals & nutrients** from vegetables & fruits keep your body working optimally.

Tip # 2

Protein: Choose lean meats, fish, nuts, beans, tofu, low fat dairy (Greek yogurt) &/or a protein drink.

Tip # 3

Water: Keep some handy throughout the day, add some lemon or use carbonated with a dash of juice. Our bodies are mostly made of water, & many of us are not getting enough for all the benefits of good skin, optimal body functioning & even decreased food cravings.

Tip # 4

The Magical Glycemic Index: *Not all carbohydrate foods are created equal;* in fact, they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small changes in our blood glucose & insulin levels - is the secret to long-term health, reducing your risk of heart disease & diabetes & is the key to sustainable weight loss. (Whole grains=low GI=good : White flour/sugar=high GI=bad)

Tip # 5

Eat real food! Try to avoid processed foods. These foods are stripped of good stuff like fiber & nutrients. What you have left is a lot of empty calories. Watch out for foods and drinks that "seem healthy" like bagels, pretzels & sports drinks like vitamin water. They are highly glycemic, which means our body treats them like sugar. **The good news is once you cut out these processed foods for a couple of weeks, you lose your cravings.** No need to completely deprive yourself. Have the occasional burger, pizza or piece of cake. In general, stick to foods like lean meat and fish, long grain brown rice, and fruits & vegetables.

Tip # 6

Be prepared. *Most of the time, clients eat poorly because they did not bring food with them or did not prepare. Take five minutes to plan out what you are going to eat the night before.* The one major complaint is, "I had nothing to eat so I grabbed a bag of chips." Be prepared! Eat before you leave the house and bring healthy snacks like apples and almonds with you and then you have no excuse. If you can, bring some Tupperware containers with healthy meals. Keep it simple. If you don't feel like bringing food, then plan out some healthy restaurants or stores that you can patronize. Get a rice cooker and keep some long grain brown basmati rice cooking on your counter. Also pre-cook some chicken or fish. It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.

Tip # 7

Eat every 3 hours: Use "free" snacks and drinks that fill you up, curb your cravings but won't add any significant extra calories. ***Eat and drink as many of these free snacks and drinks, as you want.*** This is also a great way to curb the kind of extreme hunger that will have you craving bad choices. You can also cut up cucumber, Jicama or celery and munch away all you want!

Tip # 8

Good Fats: Essential Fatty Acids from some seafoods (salmon, shrimp), seeds (flax) & good fats (olive oil, avocado, almonds), we can only get from our diet and should not be eliminated. They can actually help to balance the bad fats, and benefit heart health, immune system, joints, digestion, brain functioning, skin & more.

Tip # 9

Chew your food & wait: Choose smaller portions, take smaller bites, chew your food all the way & wait 15 minutes before you decide on seconds. Relaxing & enjoying our meals can go along way to satisfy our appetite. The body needs time to start digesting before it realizes it has gotten enough.

Tip # 10

Beware of: Artificially Sweetened "Sugar Free". ***Did you know that most foods labeled as "sugar free" or "low carb" actually contain artificial sweeteners, sugar alcohols, and other additives that can create hormonal disorder inside your body, actually causing your body to STORE more belly fat and increase cravings!*** Also, some foods labeled "whole grain" only have to contain a small fraction of whole grains, where the majority can still be refined starches and sugars that spike your blood sugar faster than a bowl of ice cream. Stop eating foods with artificial sweeteners for two weeks, then try it again. It will taste like disgusting sweet chemicals. If you really want to sweeten something, use an all-natural sugar free sweetener like Stevia.

Tip # 11

Don't Stress: Much of our bad eating habits are a result of emotional eating. We eat when we're bored, sad, lonely, stressed or to try to fulfill something that feels amiss. Addressing these areas in other ways: exercise, meditation, journaling, other hobbies or even counseling would be a great start. However, don't deprive yourself of a treat or taste; and don't punish yourself if you overeat sometimes. It's enough for now just to recognize how we eat & make some positive changes...that will add up to better eating habits for the long run.

Great Job!

