**Eating Better**



The following tips will help you become more mindful of what you are eating and assist you in making better choices.

Preparing for Better Eating

* Purge the pantry of unhealthy choices
* Stock it with healthy alternatives.
* Plan your meals for a week at a time and shop from a list
* Shop the perimeter of the store where you'll find mostly dairy, meat and produce.
* Learn to read labels as there can be hidden sources of fat, sugar and sodium.
* Make a list of healthier alternatives to things you usually buy. This will make shopping easier since you won't have to guess.

Cooking & Eating

* Never skip breakfast.
* Add ½ cup of fresh or frozen berries to your breakfast each morning.
* Fill half your plate with colorful vegetables, a quarter with whole grains and/or legumes and the rest with lean protein.
* Make a habit of eating at least one green food every day.
* Switch to whole grains. They're higher in fiber and contain more nutrients.
* Replace salt with more fresh herbs.
* When you just have to have it, choose angel food cake or sorbet over a standard cake or ice cream.
* Try a new vegetable each week, eating it in different ways to see how you like it best. Don't give up on it after the first time!
* Eat at the table away from electronics so you focus on the food.
* Never serve food from the table. It's too tempting to unconsciously reach for seconds.
* Eat fish or other seafood at least twice a week.
* Dump the frying pan. Find new recipes with healthier cooking methods such as broiling, grilling or even using a crockpot.
* Sprinkle some nuts and seeds onto your meats, salads, soups, etc. for additional fiber.
* Limit how much 'white' you eat; white breads, potatoes, rice and pasta.
* Select small portions and eat slowly.
* While eating, focus on the foods you are consuming. Be mindful of the individual tastes, textures and smells.
* Be mindful of your body. Stop eating when you no longer feel hungry. Not when you are full.
* When cravings hit, start with a glass of cold water. Wait 10 minutes and see if the craving is gone.
* If you start feeling irritable, have a glass of water and a fiber filled snack.