

Healthy & Delicious Eating Tips

1. Think veggies and/or fruit with every meal and snack. Aim for a 5-9 {the more the better!} servings per day. For weight loss, keep fruit servings to 2 per day, and minimize fruit juice consumption to 3 or less times per week.
2. Consider choosing organic produce, dairy products, poultry/meat {grass fed is best} whenever possible. Check the [Environmental Working Group's "Shopper's Guide to Pesticides in Produce"](#) for a list of produce with the greatest and least amount of pesticides.
3. Focus on mostly whole, minimally processed foods and limit foods with the following ingredients: trans fats/hydrogenated fats, high fructose corn syrup, artificial sweeteners such as Splenda, acesulfame-K, saccharin, aspartame, and foods with artificial flavors and colorings.
4. Minimize your intake of sweets and products and "white" grains, but don't put any foods "off limits".
5. Make water your number one drink. For an alternative to plain water try making your own flavored water, with lemon, oranges, limes, melon, berries, and/or cucumbers. Unsweetened green tea is also a good choice, and is full of antioxidants, and may help boost metabolism {4 or more cups/day} Coffee can be healthy too, but stick to 4 cups or less per day due to the high caffeine content.
6. A healthy balance of carbohydrates, protein, and fat with every meal and snack will provide you with sustained energy and a happy mood.
7. Focus on fiber rich foods to fill you up, such as fruits and vegetables {frozen fruits and veggies are good too!}, whole grains {brown rice, quinoa, oats/oatmeal, millet, buckwheat, teff}, beans, legumes, nuts and seeds.
8. Plan your meals and grocery list ahead, so you will have healthy food in your house when you are hungry. Make sure to eat before you go grocery shopping in order to minimize temptations.
9. Enjoy your favorite foods in moderation. No need to eliminate favorite foods, but if there are foods you can't resist/eat too much of, it may help to keep those out of the house. Choose "real foods" as opposed to low fat versions. It's much more enjoyable {and better for your health} to eat a little bit of "the real thing" than a fat-free version which is often loaded with added sugar and fillers.
10. Make changes to your diet slowly. Try something new {i.e. add an additional serving of vegetables to your diet...try a new whole grain product...add in a balanced afternoon snack such as apple slices w/ nut butter} once every few days, instead of changing everything all at once. Your new style of eating should be one you want to stick with for life.