

### **3 Simple Tips To Enliven Your Diet With Healthier Food Choices**

Even though 9 out of 10 of us are convinced that our eating habits are healthy, we're seeing our already high diet-related disease rates continue to rise. I know, I get it; a few years back I was one of those 9!

And since back then I was exercising, eating low-fat, high protein with lots of fruit and green and steering clear of fried or obviously junky, I thought I was on it. But it wasn't until I discovered that many of my all-natural, fat-free and healthy favorites were full of ingredients that just didn't belong in food, that I really caught on.

Ten years of search and discovery, trial and tribulation, and a Cornell University Certificate in Plant Based Nutrition later, I'm sharing what I've learned. What you eat makes a huge difference in how you look, think and feel, and if you care about those things, you can change your diet and change your life!

#### **Upgrade your eating habits starting today with three healthier food habits**

1. Learn to use a healthy whole foods shopping list, like this one! This list contains everything I recommend including into your diet. And if it doesn't list items you can't live without (yet!), just list them on the blank lines. Please don't list Doritos.

Here are the rules for the list, should you choose to follow them:

- You must keep this list where you will see it, like on the fridge or on a drawer with your keys in the kitchen. If not, you will forget to mark it right away when you run out of something and it won't work.
- You must commit to stick to the list while shopping. It's best to decide up front not to even look at the items you know you shouldn't buy and won't miss, but if you happen to notice they're on sale 2 for 1, all bets are off. Do yourself a favor and if you're better off without it, avoid that section of the store.
- You must inventory your fridge and cabinets before you leave the house to make sure you have yourself covered until the next shopping trip you have scheduled. Because you plan ahead, you got it like that!

Keep in mind this simple equation if you get stuck: fewer trips to the store = less impulse buying = less money spent on crap = more money to spend on new, possibly smaller sized clothes.

2. Know how to read nutrition labels, and take the time to read them before buying. Women who read nutrition labels are an average of 8 pounds lighter than non-label readers. And I don't

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mean read the front of the package that says “low fat”. People who read those labels weigh an average of 20 pounds more.

3. Make your health a priority. It's linked with happiness. Remember, your health is with you for the long haul and you're worth it. Which sounds easy but it involves knowing how to shop and, for most of us who live within a budget, re-discovering how to cook. I know you don't have time. Neither did I. I'm a busy, working mom, the closest thing I get to baking is often right from the box, into the oven. But I cook a lot more than I used to, including from scratch, because I now know it can be fast and easy when you learn to do it right. A great way to begin is by learning to make a sauce, like pesto or salsa that you can use many different ways though out the week.

The point is to get started, today! One step in the right direction will yield benefits like delicious food that you didn't have to pay a lot of money for, that's good for you, and that you can have the satisfaction of having made. And it's easier than you think, so the delicious results are well worth the effort.

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