



Five Simple Tips For Adding Healthy, Whole Foods

The changes in diet you're making should not feel restrictive, overwhelming or hard to live with.

Eating healthy(ier) doesn't have to be hard or daunting - - take it one step at a time and focus on eating more whole foods and less things that come in a package or from a drive-thru. :) Pick 1 or 2 changes to make now, and once those are in place, pick 1 or 2 more. This is the best way to make it part of a lifestyle change and something you can totally live with.

Here are some tips to keep in mind as you make the transition into a healthier eating routine:

1. Eat vegetables at most meals. Think salads, side dishes, soups, or even adding veggies to your sandwich or wrap. A juice or smoothie is a fantastic choices but double check there are actually greens and veggies within the mix.
2. When you are having a craving for something sweet, opt for a serving of fruit or nut trail mix.

3. Fill your fridge and pantry with healthy food choices that are ready to eat and go. Remove temptations and make it easy on yourself. Snacks like nuts, seeds, Lara Bars or other bars (**without** added sugar) or fruit are good for 'grab and go'.

4. Never leave the house without food if you'll be gone for more than 2 hours. Remember, eating healthy foods on a regular basis will help you avoid unhealthy choices and save you \$\$\$. Make up some of your own trail mix or [granola](#) (avoid ready made trail mix as most of them have hydrogenated oils and other undesirable, processed ingredients) or bring a small cooler to keep in the car with healthy options like apples and peanut butter, slices of avocado, etc... five minutes of prep goes a long way.

5. Most importantly, don't be too rigid. Making small changes over time will make a huge difference and it makes the changes easier to stick to when you don't feel restricted. Be realistic about the habit changes you can make given your lifestyle and schedule.