

8 Eat 5-6 times a day. In addition to feeling satisfied, this will help regulate your metabolism and keep your energy up. Eating frequent small meals can be as easy as cutting your normal 3 meals in half and spacing those out throughout the day.

9 Introduce nutritional variety by trying a different vegetable or fruit each week. Variety doesn't need to happen all in one day, it can occur over days or weeks by "cycling" certain staples in and out of your meals.

10 Enjoy complex carbs. Complex carbs, such as sweet potatoes, oats and whole grains, are vital for energy, digestion and even losing weight.

11 Eat unlimited vegetables. Low calorie, high fiber and unprocessed, vegetables are your best friend in weight loss and a healthy lifestyle.

12 Satisfy your dessert urge by going for an oatmeal cookie instead of a donut, or chocolate dipped strawberry instead of fudge. These are healthy choices and will at least provide you with some nutritional merit while indulging your sweet treat craving, improving your choices.

13 Return to healthy eating ASAP. You can get right back on track if you blow your eating plan at breakfast. You can't change what you did, but you are in charge of what happens next even after a cheat or binge.



It Really IS That Easy

14 Treat water like medicine that must be taken before every meal. That ensures you stay hydrated throughout the day.

15 Eat with the seasons for all the right reasons. By eating seasonal produce, you get a double benefit: nutritional variety and cost savings from sales.

16 Choose brown over white. Brown rice, sweet potatoes and whole wheat bread, pasta or tortillas are all healthier than their white counterparts. The "brown" versions have more fiber which is good for your heart, digestion and weight management.

17 Eat protein at every meal. Protein is satisfying and necessary for a healthy lifestyle. The amount you eat at each meal may vary depending on your activities and goals. Even a small amount helps you stay satisfied and lose unwanted weight.

18 Eat whole fruit instead of juice. Juice is the highest sugar and lowest fiber part of the fruit.

19 Eat real food that is minimally processed. The chemicals found in processed foods often cause weight gain, disease and addictions. It's hard to go wrong by sticking to real food.