

20 Choose food with ingredients you can buy yourself. If it contains something you can't buy in the store, it's probably highly processed or a chemical.

21 Read the back of a food package to find out if it's healthy. The front may claim it is "healthy" (think billboard advertising). The food label with ingredients on the back is the only place you can read what's really in the product.

22 Alternate healthy fats and complex carbs at every meal. Pairing healthy fats with protein at one meal, and then switching to complex carbs for your next protein meal provides healthy daily consumption with minimal calories.

23 Eat carbs before 6:00 p.m. This maximizes the nutritional and energy benefits of carbs and minimizes fat storage.

24 Eat lean protein and vegetables for dinner. A lean, clean final meal will minimize fat storage of carbs and fats that may not be used fully late at night.

25 Substitute a protein bar for cookies at dessert time. A protein bar satisfies your sweet tooth while providing some healthy ingredients such as protein and added vitamins.

26 Choose grilled, poached, sautéed or steamed when ordering from a menu. Those are better choices than fried, battered, tempura, cheesy or creamed.



Less Time (and Money) Than You Think

27 Stage breakfast the night before. This saves precious time in the morning and helps you stay on track to start your day eating healthy. The most important meal of the day, breakfast influences how you feel and perform the rest of the day.

28 Pre-wash and cut your veggies for easy, foolproof healthy snacking. Save time and calories by grabbing for something ready to eat to keep you on track. This works with cucumbers, peppers, carrots, celery, cherry tomatoes, or any other veggie you love.

29 Store pre-cut veggies in a sealable container. Cereal or cracker keepers work perfectly for keeping a variety of cut veggies fresh and easily accessed from your refrigerator.

30 Cook enough lean meat for 5 days all at once. "Batch cooking" allows you to cook once and enjoy for days without feeling like you are eating leftovers. This works with skinless chicken breast, pork loin or fish and saves tons of time.