

## Simple Steps to Healthier Eating

1. Make at least half your plate vegetables, especially leafy greens.
2. Limit white foods: white bread, white pasta, white rice, desserts made with white flour, white potatoes. Most white foods contain empty calories.
3. Eat whole grains, 3-4 servings a day: what is a serving? 1 slice of bread, ½ cup of cereal, pasta or rice and make sure the word **WHOLE** is the first ingredient listed on the nutritional label; don't be fooled by misleading claims on the front of the package. Smart popcorn is not so smart. Low fat can include extra sugar; low carb can contain extra fat. Learn to read the nutrition label.
4. Pasta is a condiment; fill your plate with veggies and some protein.
5. Use a Veggetti or Mandolin to turn zucchini and summer squash into a healthy and delicious low calorie substitute for pasta. A plate of pasta is 800 calories and 160 grams of carbs, a plate of this squash substitute is 60 calories and 8 high fiber carbs.
6. Eat breakfast, it will fuel you for the day, if you do not have time, make a fruit smoothie and add in some romaine lettuce or other green ( I promise you will not be able to taste it), add yogurt, coconut almond milk or other no sugar variety of milk or milk substitute, protein powder, nut butter. Include a protein source in your breakfast. If desired add protein powder, but read the label carefully, look for no sugar added, low calorie and if you can't pronounce the list of ingredients its best not to ingest.
7. Eat good fats/ oils: nuts, seeds, olive and nut and seed oils. Good fats help to reduce LDL: bad cholesterol. Avoid anything with the words: hydrogenated or partially hydrogenated oils/fats.
8. Eat real food, but not too much, learn to be comfortable with some hunger pangs. Do not eat when you are not hungry. Real (physical) hunger is in the belly and can wait; emotional eating is in the brain and is impatient and impulsive.
9. What is real food? Can you pronounce the listed ingredients and are they recognizable as a healthy ingredient to ingest? A good rule of thumb is not to eat a