

6 Tips for Healthier Eating

What you eat is very important. Making small dietary changes can lead to significant improvements in your health over time.

These 6 tips can help you get started:

1. Switch processed snacks with tasty fruits.

Processed snacks are quick and easy, but often loaded with calories and added sugars. Instead, grab a banana, an apple, some grapes, or any other fruit for a sweet treat! Tip: adding a protein will make you less hungry, for longer.

2. Thirsty? Swap the soda for sparkling water.

Choose a sparkling water or club soda with no added sugar, which is a far better option for hydration. Normal water, however, remains the best choice.

3. Eat vegetables with every meal.

Vegetables are a great source of essential vitamins and minerals, as well as fiber, and can help you balance your plate and lower your risk of chronic disease. Try to include vegetables of different colors to increase the variety of nutrients.

4. Cook more, when you can.

Studies show that people who cook at home consume fewer calories than those who don't. Add cooking to your routine - you can start by cooking just 1 or 2 additional meals a week, and then increase it.

5. Swap the sugary cereals for a bowl of sugar-free oatmeal.

Oatmeal is rich in fiber, B vitamins, and key minerals, and provides a good breakfast alternative that will keep you full for longer. Just be careful how you

prepare it, as loading it up with sugar and salt can be a major drawback to its nutritional profile; try adding a banana for some sweet flavor.

6. Follow the MyPlate method for meal balance!

Properly balancing your meals and snacks can boost your energy and help to promote weight loss. Visit <https://www.myplate.gov/> to get started.

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