



Nutrition

Forming healthy eating habits will actually make it easier for you to eat healthily and go back to enjoying eating, rather than getting anxious about every meal. Whether you're trying to lose weight or just eat a healthier, balanced diet, forming these habits will help you achieve your goals and feel more confident about your eating habits:

Start with the 80/20 Rule. 80% of the time eat healthy, whole, unprocessed foods and the remaining 20% of the time you can delegate for less-healthy, more indulgent foods. This is an eating principle where you have a foundation of healthy foods (vegetables, fruits, whole grains, nuts, seeds, beans, fish, lean proteins) while giving you the freedom to indulge when you want to.

Listen to your body. Eat when you feel hungry, not when you're bored. Mindless eating when you're not even hungry leads to an excessive calorie intake of less nutritious foods.

Practice mindful eating. Focus on the tastes and textures of your food. Enjoy your food rather than inhaling it! Be sure to slow down so that you can feel the hunger go away and feel a comfortable, full feeling take over.

Keep healthy snacks available at work. Hunger pains at work make it easy to grab a bag of greasy chips from the vending machine. Always stay prepared for hunger at work by keeping nuts, rice cakes, veggie chips or other healthy snacks at your desk.

Learn to decode nutrition labels. Always check sugar, sodium, saturated fat, and trans fat amounts. Check the ingredient label. Learn sneaky terms for hidden sugar and other additives. If a food product contains too many ingredients that you can't pronounce, put it back on the shelf!

Drink water. Make staying hydrated a habit. Water has amazing benefits for your body and nutrition. Replace soda and sweetened drinks with water. Soda and sweetened beverages add loads of empty calories to your diet.

Don't beat yourself up! This is so important. Remember that there is no such thing as eating perfectly. It is okay to reward yourself with a dessert or have a pizza night with your family every once and a while. Punishing yourself for having a slip-up or overindulging will only lower your motivation and confidence.



EACH DAY IS A CHANCE TO GET STRONGER, TO EAT BETTER,
TO LIVE HEALTHIER AND TO BE THE BEST VERSION OF YOU