

Get REAL Nutrition Tips

1. All foods in moderation.
2. Make small changes in your lifestyle, not huge changes in your diet. You must enjoy life and have the energy to live it.
3. Make your best food choices on routine days. Save the splurges for special occasions. It is not what we eat in one day that gets us in trouble; it is our pattern.
4. Determine if you are a “Grazer” able to eat small portions and snacks all day or an “Over Achiever” who once started eating continues eating until it is gone or you have eaten too much. This is important to know when planning successful routine days.
5. Eat the foods you like but watch the portions. If you think, “I know I should not eat this,” then only eat a reduced amount or skip it. Especially if it is a known “trigger food” (always causes you to overeat) for you.
6. Watch out for foods that make you crave other foods or larger portions, usually highly processed foods or simple sugars eaten alone. Know yourself, your trigger foods and personal weak areas.
7. Cut food in half. Tell yourself if you still want it in 20 minutes after you are done eating, then you can have it. Chances are you won't.
8. Do not deprive yourself of food indulgences. Do it smart and remember to balance it over the day.
9. Drink water all day. Look for ways to make water taste better to you, but avoid caffeine. Caffeine dehydrates (takes water from) the body.
10. Drink a glass of water before and after your meal. It cleanses the palate and helps fill you up.
11. If you make poor food choices at one meal, make better ones at the next meal. Never “scrap” the day over a poor set of food choices. Each meal

starts a new chance to make more “plan-focused” choices.

12. Cut up vegetables as soon as you get home from the store. This increases the likelihood you will choose them. Also that you use them before they spoil.
13. Keep carrots and celery CUT UP in the fridge. Put them in convenience size bags. Make it handy.
14. Chew sugar-free gum to fight off the urge to snack. Xylitol, found in some brands of gum, can actually help to clean and protect teeth.
15. Brush your teeth after eating. Removing the food taste can fight off cravings.
16. Buy a few good pieces of fruit (avoid jumbo bags) and keep them handy. Savoring the rich and fresh flavor will create a positive food memory.
17. Choose foods as close to their natural form as possible for maximum health benefits.
18. Try meal replacement bars for meals on the go or a more healthful way to have chocolate. Look for ones that balance protein with the fat and carbohydrates.
19. Don't eat junk food at home regularly. Save treats for times when you are not at home. Not having junk handy will decrease boredom eating.
20. Order the kid's meal. You could have three *Kids Meals* for the fat and calories in most super sized *Adult Meals*.
21. Make small changes in your shopping. Evaluate labels and buy “light” only occasionally. Avoid fat-free unless you just particularly like it, due to the additives they put in to make it more palatable.
22. Eat your largest meal early in the day when possible.
23. Make soda pop a treat and not part of the everyday routine. Carbonation is bloating and phosphoric acid is damaging to bones and teeth. It can often increase your hunger.

24. Ask for the “lunch portion.” Many restaurants will do this if asked.
25. Watch eating too many processed foods. Look at the salt content, additives and preservatives. They can affect your appetite and overall health.
26. Make and order simple foods. The less complicated, without multiple ingredients and sauces, the better. You will feel fuller and reduce overeating.
27. Limit breaded and fried foods. When possible choose grilled, baked or broiled.
28. When enjoying fried foods, monitor the portions and keep the rest of the meal lighter in nature. Avoid multiple fried items at a time.
29. Never skip meals. You need fuel to function at your best. Your body runs best when it has balanced nutrition spread evenly throughout the day.
30. Eat off a smaller plate or bowl when possible. Visual trick. Good for members of the “clean plate club.”
31. Use sugar and sweets sparingly. Try to pair them with a protein, dietary fat or complex carbohydrate. Try a glass of milk with that cookie. It is better to add them to a meal than to eat them alone.
32. Cut up your food into small pieces and savor each bite. Set your fork or sandwich down between bites. Taste the food and enjoy it.
33. Avoid eating a big meal three to four hours before going to bed. It does not metabolize as well and can decrease good sleep.
34. Stop thinking, “If I don’t eat it all now, I’ll be hungry later.” This thought forces many to keep eating past actual fullness.
35. When faced with temptation, visualize the healthier looking you and see it clearly. Decide what you want more.
36. Split up large portions and eat the rest at another time. This is better digested than eating a large amount in one sitting.

37. Never eat a food you don't like (just because it is good for you) in place of one that you are craving.
38. Put up motivational things where you will see them such as the bathroom mirror, across from the toilet stool, kitchen, car dash, desk, locker, and etcetera.
39. If you eat when you get bored, find a diversion, any hobby or activity that will keep your mind and hands busy.
40. Know the calorie and nutrition contents of your favorite fast foods so you can weigh your options when eating out.
41. Eat slowly, eat slowly, eat slowly! If you must hurry, eat slowly and eat less. Your body needs time to digest what it takes in so that it can tell your brain it is full.
42. Practice leaving a few bites on your plate.
43. Enjoy conversation while eating. This promotes good digestion and a feeling of fullness. Social interaction has many benefits and naturally slows your pace.
44. Monitor your internal dialogue, that little voice in your head. When you see your meal, think to yourself, "I'll never be able to eat all of this!" Purposeful thinking versus, "This is so good I'll have to eat more," or "I'll start working on my eating next Monday." Changing your mental dialogue can influence behavior.
45. Avoid seconds. Eat only what you get on your plate the first time. It is more than enough. If you enjoy the food being served, make another small plate and put it in the fridge for a later meal or snack.
46. Note how many calories are in your favorite junk snack foods and compare that to how much exercise you would have to do to work it off. Decide if it is really worth it.
47. Have certain food combinations that are your "go-to meals," requiring you to make few decisions.

48. Reduce guilt over any perceived poor food choices. Always move forward and make better choices at the next opportunity.
49. Take time to evaluate what you want to gain from eating. Are you really hungry or is it boredom, unhappiness or low energy?
50. Take a daily multi-vitamin. Ensure adequate amounts of Vitamin C, Vitamin E, B Complex, and Folic Acid. Consider Vitamin C that is esterized, Vitamin E with mixed tocopherols and a vitamin and mineral supplement that has been chelated. (Consult with your physician)
51. Take a daily mineral supplement Look for minerals as amino acid chelates. Important minerals to consider would be Calcium, Magnesium, Potassium, Zinc, Manganese, Chromium and Selenium. (Consult with your physician)
52. Look to add more fiber through complex carbohydrates and fruits and vegetables. Carefully evaluate the **first five** ingredients listed to ensure the actual “whole grain” content and to determine the bulk nutrients.
53. Think more *brown* and less *white*. Try whole grain options in your bread, crackers, pasta and flour. Choose brown rice over white and dense carbs over light and airy.
54. Add more nutritional value to common foods. Consider products such as protein powder, flax seed meal and wheat germ as non-flavor health additives to your recipes, cereal, yogurt, and smoothies.
55. Try adding pureed fruits and vegetables to regular recipes such as a cauliflower puree, blueberry puree and white bean puree. Even baby food can add a little extra nutrition.
56. Gear your mind toward *adding* more nutrition to each eating episode. Think of healthful additions to round out meals.
57. Remember, a meal is eating two or more *nutritious* foods at one sitting. At a minimum, it should consist of a complex carb and a protein. Having four or five different food options is *not necessary* to constitute a meal. In fact, people tend to eat more, the more options they have, so keep it simple.

58. Try a baked potato *with the skin* before bed (3 hours after last meal). It helps the body raise your serotonin level. It creates an insulin response, which has an effect on the movement of the amino acid tryptophan from your blood into the brain. Choose any non-protein toppings and eat the skin.
59. Plan grocery shopping with the P2B ratio (7g protein to 15g carbohydrate) in mind. Create easy-to-grab snacks and take-along meals for easy access.
60. Have your “go-to” snack combinations either written down or thought up, for always ready snack ideas. Plan ahead—make it easier on yourself by pre-packing snacks ahead when you have time.
61. Make and split up several servings ahead of time and freeze them in individual serving sizes. This saves time in a crunch. Often those easy to grab, shelf-stable foods will trigger strong cravings.
62. Double healthy recipes and freeze them for when you are short on time.
63. Consider weekly meal planning. Write down meals that you plan ahead of time. It will help you to have needed ingredients on hand and increase your chances of sticking to your goals.
64. Take responsibility for what you put in your mouth. “Go ahead, eat *whatever* you want. It is your *butt*...ALL of it!” It is your body. You can do with it whatever you choose, for bigger or smaller.
65. Relish your freedom to choose and experience the enjoyment that comes from making wise choices within sensible boundaries. Be empowered by moderation and knowing that no food or food group is off-limits. Embrace the REAL control you have.