



Healthy Lifestyle Tips



5. **Make sure you incorporate lean protein** in as many meals as you can: protein helps you stay satisfied longer, controls your hunger hormones, and has a much higher thermic effect (you will invest more calories digesting them than any other nutrient)
6. **Read labels:** it is important to pay attention to the nutrition facts and be aware of the serving sizes.
7. **Learn Portion control:** just because certain foods are labeled “healthy”, it does not mean you could have as much as you want. Everything is in moderation, and portion is everything!
8. **Learn to listen to your body:** many foods are considered “free”; however, it does not mean one could eat as much desired till you feel full! You need to learn to be “satisfied” with a little less. Feeling of “fullness” is not necessary what you are expecting at the end of each meal, because you will never learn to control your appetite.
9. **Allow for a treat every so often:** being too restricted for too long, will always decrease your ability to adhere to the program. Having something you love to look forward to, can also help you stay focused and structured.
10. **Incorporate intermittent dieting:** by switching around restrictive days or weeks with not restrictive ones, allows your metabolism to get re-set, and not stuck in restrictive mode. This method will prevent you from

reaching a plateau, by not allowing your body to slow down and decrease your metabolic rate.

11. **Keep close track of your food intake**, your mood, and your exercise. Tracking your lifestyle changes will help you pinpoint areas of weakness and strength.

10 Tips on Mindful Eating



Have you ever started eating a meal and suddenly look up to see all your food is gone and you don't even remember eating it? Distractions like, a phone, TV, computer, or work prevents us from listening to our body and paying attention to what we are eating.

- 1. Sit at a table-** Try sitting at a table without any distractions and pay attention to what you are eating!
- 2. Engaging your senses** by noticing colors, smells, sounds, textures, and flavors. Think about the food, its texture, all its flavors, how it tastes in your mouth, and how it satisfies your hunger.
- 3. Appreciate your food.** Think about where the food came from, and how it got to your table? Did you purchase it at

a supermarket, who purchased it from a vendor, who purchased it from a farm? Did you have to work extremely hard to pay for this delicious meal? Did someone put effort and love into preparing this meal?

- 4. Eat to maintain your overall health and well-being.** Think about what this food is doing for you and how it will make you feel. Think about how it is going from your mouth and down your digestive track to give you energy and nourish your body!
- 5. Chew your food and eat SLOWLY!** Sometimes we eat so fast and still feel hungry after eating a whole meal. Want to know why? It takes 20 minutes for your stomach to tell your brain you are full, so the next time you get up for seconds wait 20 minutes. If you still feel hungry, you can always double up on extra veggies!
- 6. How do I eat slowly? I cannot help it I am naturally a fast eater! Put your spoon, fork, or sandwich down in between each bite!** Once you are done chewing then take the next bite! This will help you eat slowly and therefore feel full faster!
- 7. Never get to your snack or meal STARVING.** How? Eat small frequent meals! Make sure you are eating something about every 3 hours. The longer you wait the hungrier you will be and the more food you will eat!

- 8. DRINK WATER!** Make sure you are drinking enough water throughout the day! (6-8 cups)! Sometimes we think we're starving but we're also very thirsty! Our brains cannot differentiate between the two. So, try drinking a glass (or 2) of water before and after each meal!
- 9. Stop eating when you are satisfied.** Learn to listen to your body. As soon as you begin to feel full stop eating! This will prevent an upset stomach and ensure the food will energize you rather than exhaust you.
- 10. Learn to cope with guilt and anxiety about food.** Food should not make you anxious nor should it make you feel guilty. Think about all our holidays, parties, and get-togethers...it always involves yummy food! Learn to remember that food is one of life's pleasures and is made to make us feel good!

Restaurant/Eating Out Tips



1. Avoid going out to eat when you are overly hungry, this could lead to uncontrolled eating, and many times resulting in overeating.
2. Eat a healthy snack before you leave (keep it more to a protein, this way you could indulge a little more on the meal, as there's always hidden fats and carbs in them).
3. If ordering appetizers, choose a salad with dressing on the side, cut up veggies from the salad bar, or a vegetable soup if you trust its low fat (stick to non-creamy or clear broth-based soups, and keep in mind that they are generally high in sodium).
4. Skip the breadbasket! Unless it is something you absolutely love, then use it as your carb for your meal, plain, with no butter!
5. Look up the menu before you go. By knowing what the options are, you could plan your day accordingly, and

- enjoy some of the dishes you love without the extra guilt.
6. Choose foods that are grilled, steamed, poached, or roasted. Foods that are sautéed, fried, pan fried, or described as crunchy, or crispy are generally fried, higher in calories and fat. Always request no oil (they are still going to cook with it, but possibly less than usual).
 7. Always ask for sauces, dressings, dips, etc. on the side. All these extras add a load of calories you may not even be aware of! On the side gives you more control over how much to use. As a rule of thumb, 1 TBSP is about 5 gm fat.
 8. Share your dish if portions are too large and consider looking into the appetizer section for a main dish, as servings will always be smaller. Eat mindfully by making conscious choices. Savor the meal, stop when you start feeling full!
 9. Beware of labels such as “diet”, “keto-friendly”, “paleo”, “gluten-free”, “vegan”, or even “lite”. Any of the foods labeled as healthier, could be much higher in calories and fat. Always ask for ingredients!
 10. Make eating out an enjoyable moment but remember that it is not always about the food, but about the company, the environment, and the occasion.
 11. Last, but not least, if you decide this is your meal to indulge in, go for it! Enjoy, move on, and adjust as needed.

Simple and easy tips to meal prep!



1. Meal preparation is great for busy days especially at home and on the go! It will help ensure you are getting in good nutrition even when you do not have time for it!
2. Meal prepping will also prevent you from skipping meals and getting to that dinner table starving! But do not be nervous! Preparing meals does not have to be time consuming or complicated!
3. Make a menu for the week and make sure you have all the ingredients ready for all your meals. Always plan!
4. Make sure you have a variety of food containers and different size ziplock bags to be ready to pre-package.
5. Cook ahead and freeze! Pick a day during the week when you have a little more time and make easy things that you could freeze a pre-package. Vegetable soufflés and

quiches, soups, grilled chicken, and even healthy muffins are good options to have ready.

6. Always have cut up lettuce or veggies in the refrigerator! How? When cutting up a salad for one meal, just chop up the entire package and store in an airtight container. This will keep it fresh and ready for your next meal.
7. Keep easily accessible veggies around! For example, buy arugula, baby spinach, and bagged cabbage, they come triple washed! Keep baby carrots, cherry tomatoes, mini bell peppers, and Israeli cucumbers in the refrigerator, all you must do is rinse and chew, no knives or chopping involved!
8. Keep protein options readily available; hard boil a bunch of eggs at the start of the week, keep tuna cans, canned beans, string cheese, and all-natural peanut butter on hand, and store veggie burgers, chicken, and fish in the freezer!
9. Eat your leftovers! While putting your plate away after dinner, make an extra plate of leftovers for lunch the next day! This is the easiest way to have your lunch ready when needed it!
10. Always have fruit around! Do not have time to cut up a watermelon or cantaloupe? Keep apples, tangerines, peaches, pears, grapes, and berries around they are easy to rinse and eat!