

No one likes to diet, or be told what to eat, and what not to eat. So stop dieting! Eat yourself healthy with 3 simple steps everyday.

EVERYDAY	SOMETIMES	HELPFUL TIPS
<ul style="list-style-type: none"> ● Fresh vegetables ● Whole fruit ● Homemade meals ● Drink water ● Whole grains ● Seasonings & herbs ● Nuts - provide fiber, protein, fats, & more ● Avoid snacking - if you must snack make it a piece of fruit or unsweetened yogurt ● Intermittent fasting* ● Don't multitask while eating** 	<ul style="list-style-type: none"> ● Red meat ● Processed foods, usually too much added salt &/or sugar. ● Fried foods ● Sweets ● Soda ● Fruit juices ● Smoothies <p style="text-align: center;">NEVER</p> <ul style="list-style-type: none"> ● Margarine ● Low fat foods ● Diet sodas ● Trans fat ● Canned fruit ● Shortening 	<ul style="list-style-type: none"> ● Eat vegetables & fruits of many different colors to get a variety of nutrients. ● Get some sun, vitamin D is important for health. ● Daily movement, get your body up and move around as much as possible. ● Relax, stress relief is important for long term health.

Intermittent fasting (IF) aka timed eating - limit your food intake to an 8 hour period each day, starting within 1 hour of waking and ending at least 3 hours before bed time. Research has shown that IF increases fat burn, decreases insulin resistance, and improves sleep.

Don't multitask while eating - research has shown that eating while distracted increases your immediate calorie intake by an average of 10% AND increases the calories of your NEXT meal by more than 25%. So put the phone down, turn the TV, and enjoy meal time.

*References available upon request.