

22 Tips for Healthy Eating from Slim People in Progress Blog

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- 1 Cook in batches and then freeze in individual portions. When it's time to leave for work or school, just grab something healthy from your freezer!
- 2 Always have fresh fruits and veggies on hand. It will help when you have a snack attack.
- 3 Try to plan your meals. That way something is always ready to go for lunch and the same for dinner.
- 4 Set up weekly menus and grocery shop according to the menus. This way, you won't be tempted to stray from your plan and buy unnecessary food items.
- 5 I buy organic cereals for snacking that work out to 1 point servings (like Barbara's Puffins - cinnamon or regular.) Immediately upon getting home from the store, I "bag" the whole box using the little resealable snack bags. Each bag equals 1 serving. Then I put the bags into the original cereal box. So I keep the experience of going for the box of cereal but without the programming of pouring out a random amount. Or having bowl after bowl. This way, each portion stays fresh. And handy for taking in the car and munching on when I'm having coffee, at the movies, etc.
- 6 If I wash & tear up a whole head of lettuce ahead of time, it's much easier for me to have a big salad if I'm tired or in a rush, rather than opting for something less healthy.
- 7 My tip....fresh fruits and veggies. Veggies pre-cut and ready to go in snack bags.
- 8 Buy fruits and vegetables from a store that sells truly fresh stuff. It tastes so much better, so that you'll actually want to eat a salad rather than feeling you 'should' eat one. Never buy vegetables from the a big chain grocery store.
- 9 Eat protein at every meal and drink lots of water. This will keep you feeling full, longer, and you're less apt to slip due to hunger.
- 10 When eating in restaurants, ask for exactly what you want (no sauce, dressing on the side, extra veggies in lieu of rice, for example) Most restaurants are very accommodating and it makes eating healthy in a restaurant more possible that you think.
- 11 I am in my car and on the road a lot with my job. I never leave the house without my WW insulated lunch tote. I always pack a bunch of stuff: sugar snap peas, carrots, cherry tomatoes, grapes, etc. I slice an apple and sprinkle a little cinnamon in a plastic bag - yummy! I bring Vitalicious muffin tops, a low-fat cheese stick, whatever. I try to vary it, but it keeps me satisfied and on track.
- 12 You really can train yourself to not crave sweets -- it takes awhile and a lot of determination but I had it happen. I'm diabetic and when I was pregnant, I was the poster

child of a healthy eater.... no sweet stuff and no artificial sweeteners AT ALL for nine months. By the end of that time, I wasn't craving sweets anyone. The secret is going cold turkey and sticking with it long enough to retrain your brain.

- 13 Write it down. It's too easy to lose track of how much you're eating if you're not recording four Hershey's kisses here... a couple of cheese cubes there... just a cracker or two...
- 14 I also track my weight every day and record it on a graph. I know this would drive some people crazy, but I've completely lost any sensitivity to the number on the scale. Since I know my weight can fluctuate up to three pounds from day to day depending on factors like what I ate the day before and the weather (I'm always up at least a pound on humid days), I don't freak out unless the overall *trend* goes up steadily. A single high weigh-in has no impact on my mood. But, like I said, it's not for everyone. :-)
- 15 Have what you really want, but just a bite. Sometimes I find that the taste is all I want and it's easy to put the rest away without feeling deprived.
- 16 Find acceptable substitutes that satisfy you. Some of my favorites are: chocolate licorice - 2 pieces/pt; vitamuffin tops, esp. the corn muffin; egg beaters baked with spinach and low fat cheese; assorted roasted vegetables. There are a lot of acceptable substitutes - you just have to be a good detective.
- 17 PLAN AHEAD!! Often, when I get to work in the morning, I'll punch in my food for the whole day in the eTools Points Tracker. I can adjust it as I go through the day, but I'm much more likely to stick to something healthy if I have it on hand and I've already entered the points.
- 18 Prewashed lettuce and a big sports bottle of water in the fridge at all times. Other supplies I keep on hand: my favorite flaxseed bread is only 1 point per slice, Quaker Oats in the cupboard, and VitaTops muffins in the freezer when I need a sweet treat. Finally, I keep measuring cups and spoons in the two places I cook at in the kitchen - next to the stove and the microwave.
- 19 Make sure your salads have a good mix of crunchy vegetables and a variety of bright colours in them. Things like celery, fine shredded red and green cabbage, red pepper, julienned carrot etc all work a treat. The plate looks exciting and the crunchy texture immerses you in the sensate pleasures of eating while still staying true to healthy food choices.
- 20 My downfall has always been skipping breakfast. To combat it, I use my email account's calendar service to send myself daily reminders.
- 21 I keep simple things on hand - like organic, whole grain cereals or pre-cooked oatmeal. I always have homemade organic breakfast bars and fruit or small ziploc bags of raisins and walnuts for those mornings when I have to "grab and go". Not only do my new habits help with my weight, they help to lessen the symptoms of Fibromyalgia!
- 22 Clean out your fridge once a week and toss out foods that are "liquefied" or just plain gross ...By keeping your fridge tidy you'll always have foods that are fresh, look delicious and foods that you'll actually eat instead of throw out.