

Basic Tips for Healthy Eating

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Little changes add up to big improvements over time. The following are some tips on adopting a better eating style for life:

- **Plan ahead.** Prepare or plan your meals at least a day ahead. Avoid eating on the run—impulsive food choices are more likely to be poor ones.
- **Shop wisely.** Don't shop for groceries when you're hungry—your impulses may override your good sense. Hit the outside aisles first. That's where the vegetables and fruits—foods you want to emphasize—are usually found.
- **Order carefully.** In restaurants, look for foods that are broiled, grilled, baked or steamed rather than fried. Ask to have dressings and sauces served on the side. If a dish is unfamiliar to you, ask the waiter to describe how it is prepared.
- **Cook creatively.** Cooking at home gives you more control over ingredients, cooking methods and cost. Home cooking doesn't have to be plain. Look at creating healthy, tasty meals as a challenge, not as a chore.
- **Think positively.** Eating right has a lot to do with attitude. If you succumb to temptation once in a while, don't panic. Just get back on track at your next meal.
- **Involve others.** Invite family and friends to share your nutritious meals. Any dining experience is more fun when it's enjoyed with good company.