

Healthy Eating

6 Baby Steps to Success

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We've all had a moment while taking a huge bite of that juicy, loaded hamburger with the large fries and Neapolitan milkshake close by as the thought comes to mind, "I should be eating healthier..."

But as we contemplate the idea of changing our daily routine, healthy eating seems to become an Olympic feat. Truth is, it doesn't have to be so hard – you just have to take it one baby-step at a time! Here are 6 easy steps that will begin your transformation into a healthy eater:

- 1. Observe your daily routine** -Take a week or two to observe your current eating habits. Keeping a food journal will make it easier to see your current bad habits.
- 2. Add nutrition to your diet** – Rather than committing to eating only celery every day for the rest of your life, start adding nutritious foods to what you already eat. Add fresh fruit to your cereal, fresh tomatoes on

your pizza, or shredded carrots to your muffin batter.

- 3. Reduce the fats** – Gradually weaning from 2% milk to 1% and then to skim is a small change that has helped me keep my weight down. Changing to fat free cheese, yogurt, and other products is an easy and painless way to reduce the fat in your life.
- 4. Drink more water** – Try to drink at least 8 cups of water per day. In fact, water is the only fluid the body truly needs. Higher water consumption can also prevent calorie intake from other beverages.
- 5. Substitute** – Begin to use mustard instead of mayo, wheat bread instead of white bread. Choose low-fat cuts of meat. Order vegetables instead of fries and snack on fruits and nuts instead of sweets.
- 6. Reduce portion sizes** – Start serving your food on smaller plates – your

mind will believe you've eaten a full plate of food. When going out to eat, plan ahead to save a portion of your meal for leftovers tomorrow.

The road to a life of healthy eating is a marathon, not a sprint. It takes time, patience and perseverance. But is it worth it? Yes! You deserve to be healthy. Never let up and you will find that good health *feels* more satisfying than any hamburger tastes!

