

COUNTING THE COST!

The Do's and Don'ts of Healthy Eating

THE DO'S:

Do keep it simple – A flavorful meal does not need to be complicated. You do not have to have a main dish and two sides.

Do learn to control heat – When cooking protein-rich foods, make sure your skillet or pan is heated prior to cooking. This will ensure that your food spends the least amount of time cooking and retains all of the nutrients.

Do make friends with your blender – Use your blender to make healthy homemade sauces and smoothies. You can control how much salt and sugar your food contains by doing this.

Do use healthy flavor boosters – Using fresh herbs and spices can really boost the flavor of your food without adding extra sodium.

Do practice portion control – Use a smaller plate at meal or snack times to avoid eating more than one serving. Before going back for seconds, wait 10-15 minutes. This will give your body time to register the feeling of fullness.



THE DON'TS:

Don't deprive yourself – By making healthier choices, you can still eat all of the things you love. If you love pizza, choose fresh ingredients over the frozen variety.

Don't kill the vegetables – It only takes 2-3 minutes to cook fresh vegetables. Cooking them longer will not only deplete the nutrients, but will affect the flavor.

Don't get burned out – Change it up! You do not have to eat tuna and a salad every day. Try something different every day.

Don't overeat so-called "healthy foods" – When we hear "whole-grain" or "low-fat" we tend to reward ourselves by eating more. Make sure you check the labels and calculate how much you should reasonably eat in one serving.

Don't skip breakfast – Make sure you eat a healthy breakfast in the morning. By skipping this meal, you are more likely to eat more later in the day, as well as make poor food choices when you do eat.

