

## 5 Quick Tips for Healthy Eating

**These healthy eating tips only require small changes to what you're already doing, with minimal added effort!**

Whether you already have healthy eating down and are looking to make a few minor changes, or you are just starting your journey towards a better eating pattern, here are five quick tips to help you along the way!

### Start Meatless Mondays

Opting for more plant-based foods in your diet can boost your nutrient intake, decrease your risk of developing certain chronic diseases, and reduce your [carbon footprint](#). It's a win-win-win! [Meatless Mondays](#) also provide the perfect opportunity to try new, plant-inspired recipes. Learn more about plant-based eating in my book, *The Plant-Based Boost, Nutrition Solutions for Athletes and Exercise Enthusiasts*, and find recipe inspiration in the accompanying cookbook. More details [here](#).

### Grow a Garden

Growing a garden will give you a supply of fresh produce, which will make boosting your fruit and veggie intake a no brainer. It also comes with the bonus of an enjoyable excuse to get outside and be active! Not sure where to start? Explore these tips and tricks on starting a backyard [garden](#) or a [community garden](#).

### Give Goal-Setting a Go

Setting specific, measurable, achievable, relevant, and timely goals ([SMART goals](#)) will give you concrete milestones to work toward. This will help you turn those dreams and aspirations into reality. Setting the right kind of goals is key to your success. Here is one goal example:

Say you want to boost your fruit and veggie intake. Start with learning about the body benefits of different colored produce, then choose a new fruit or vegetable to buy and try each week. Write out which ones you will try for the next month, select recipes to prepare them in, and make sure to add them to your shopping list! Then check them off once you've tried them for the small victory and appreciation of your success.

Here's a bit more about [how to accomplish your health goals](#).

### Say Yes to Produce

Aim to fill half your meals (at breakfast, lunch, *and* dinner!) with a [variety of different produce](#). Challenge yourself to make it a different fruit or vegetable at least three times a week. Don't

forget snacks, which provide another opportunity to fit more fruits and veggies into your day. Think hummus or [homemade dip](#) with carrot sticks, sliced apple with peanut butter, or blueberries with nonfat yogurt, cinnamon, and walnuts. Find a local CSA to stay excited about weekly fruit and vegetables that are farm fresh.

## Cut Down on Sugar

Making small substitutions for the sugary foods you eat throughout the day can quickly add up. The right swaps can result in significant sugar cutbacks at the end of the day. Here are a few simple ways to cut down on the added sugars without skimping on sweetness:

- Replace sugary desserts with whole or chopped fruits.
- Don't forget frozen fruit! Heat frozen cherries with cocoa powder or a few mini chocolate chips. If you still want to indulge, top with a small scoop of ice cream with fresh berries, chopped nuts, and chopped fresh fruit.
- Make [healthy substitutions](#) when baking. Have you ever tried substituting egg for a flaxseed "egg"?
- Avoid sugar-sweetened beverages. Hydrate with water instead. Make [flavored water](#) for a tasty hydration alternative that's still full of flavor yet low in sugar.
- Use only [whole foods in your smoothies](#) - fruit is naturally sweet, so find a combination that doesn't leave you longing for any added sugar.
- Swap the flavored yogurt for plain Greek yogurt, and top with dried or fresh fruit for natural sweetness.

Here are other ways to [conquer sugar cravings naturally](#).

Then check out my [cookbook](#) for even more "no sugar added" recipes!