Me

❯ Eating your way to a Healthier Life

Eating healthy is not about setting strict limitations, depriving yourself of the food you love, or being unrealistically thin. Eating healthy is about giving your body the right fuel to feel great, to have more energy to do more, and to improve your overall health.

Making the switch to a healthier eating lifestyle does not need to be an all or nothing approach. The best approach is to make small changes over time. Setting goals that are modest can help you achieve more in the long term without feeling deprived or overwhelmed.

To help you on your journey to healthier eating, here are a few small changes that you can make:

1. Prepare more of your own meals

By preparing your own meals, you are in control of what you are eating and what you are putting into your food.

2. Read the labels

When you are buying food products, get an idea of what the ingredients are. Sometimes our perception of what products are healthy, may not be the reality.

3. Focus on how you feel after eating

Monitor how you feel after you eat certain foods. Healthier options should make you feel better. Junk foods are more likely to make you feel uncomfortable, nauseous, or drained of energy. Stick with what makes you feel good and gives you sustained energy.

4. Drink plenty of water

Water helps cleanse our system. Sometimes it is even common to mistake thirst for hunger! Be sure to stay hydrated to make healthier food choices.

5. Try not to think of certain foods as "off-limits"

When you ban certain foods, it's natural to want those foods more, and then feel like a failure if you give in to temptation. Rather reduce the frequency and portion of unhealthy foods.

6. Take your time

Think of food as nourishment and not just something that tastes good to gulp down. Give yourself time to feel content after you eat. Don't just rush for more. The brain actually takes a few minutes to tell your body that it has had enough food

7. Limit unhealthy snack foods in the home

Stock up on healthy snack options for when you feel like a little something extra. It is far more challenging to eat healthy if you have unhealthy snacks and treats readily available.

8. Control emotional eating

Be cautious of turning to food for reasons other than hunger. Many of us turn to food at times of stress, sadness, boredom. Recognising when you are reaching for food for the wrong reasons is the first step toward controlling this. Finding ways to manage stress and emotions can also help you to regain control over the food you eat and your feelings.

Eating healthier is a lifelong commitment and process. You may have times when you go off track, the main thing it to get back on the right path and continue to focus on the right eating behaviours for a healthier life. As a parting point, consider the below:

• **REFLECT** on your eating habits, both bad and good
• **REPLACE** your unhealthy eating habits with healthier ones
• **REINFORCE** your new, healthier eating habits