6 Tips For Adding Healthy, Whole Foods

The dietary changes you're making should not feel restrictive, overwhelming or hard to live with.

Most of us have grown up on processed foods; I know I sure did! This may be a big change for you, so take it a step at time. Pick 1 or 2 changes to make now and once those are in place, pick 1 or 2 more. This is the best way to make it part of a lifestyle change and something you can totally live with.

Transitioning to a healthier way of eating may seem daunting so here are some tips to keep in mind:

1. Eat vegetables at most meals. Think salads, side dishes, soups, or even adding veggies to your sandwich or wrap.

2. When you are having a craving for something sweet, opt for a serving of fruit to satisfy your craving.

3. When you eat meat, it's best to choose organic, grass fed, and hormone-free so you get the maximum nutrients possible without the harmful pesticides residue, antibiotics, hormones, etc.

4. Fill your pantry with healthy food choices that are ready to eat and go. Snacks like nuts, seeds, Health Bars (without added sugar) or fruit are good for 'grab and go'.

5. Never leave the house without food if you'll be gone for more than 2 hours. Remember, eating healthy foods on a regular basis will help you avoid unhealthy choices. Make up some of your own trail mix (avoid ready made trail mix as most of them have hydrogenated oils and other undesirable, processed ingredients) or bring a small cooler to keep in the car.

6. Most importantly, don't be too rigid and remember that making small changes over time will make a huge difference, and it makes the changes easier to stick to.