



When setting out to eat a healthier diet, it's important to ground yourself and create strategies that can help achieve your goals.

The following tips are a great place to start as you set out on your healthy eating journey.

Eat the rainbow:

It may not be enough to just eat your greens. Eating different colored fruits and vegetables may provide many health benefits that support proper growth and healing.

- Add 1 cup of berries to morning cereal
- Add seeds or dried fruit to a house salad
- Add sweet potatoes in place of white potatoes

Cook with lean meats:

Shop local or choose animal foods that eat and live like they do in nature. Look for pasture-raised meats, poultry, and wild caught fish.

- Reduce the amount of meat that you eat
- Talk to the butcher at your local store or farmer's market
- Sign up for a subscription service that sources ethical animal products

Flavor your food with herbs and spices:

Many herbs and spices may help fight certain bacteria, viruses, and inflammation in the body. Help your body function properly and make healthy food taste better by punching up the flavor with fresh herbs and spices.

- Add bay leaves to soups or sauces
- Use pre-chopped garlic in place of garlic powder
- Start an indoor or outdoor herb garden

Include healthy fats:

Good fats found in plant based oils (olive, coconut, canola, etc.), nuts, seeds, fatty fish (salmon, tuna, sardines), and grass feed dairy help our bodies use key vitamins, produce energy and may help lower the risk of heart disease and stroke.

- Add unsalted pumpkin seeds to your morning oats
- Add sardines packed in Olive Oil to your salad
- Stir fry veggies in coconut oil or grapeseed oil

Drink water:

Our bodies use water to do everything from digesting our food to helping heal our wounds. We lose water when we sweat, when speaking, and it even evaporates from our skin, so it is important that we drink water and eat hydrating foods, like fruits and vegetables regularly.

- Set a daily drinking goal
- Set reminders or alarms to stay on track
- Add flavor to your water using fresh fruits