Rec Tip of the Week

8 ways to eat better!

1. Don’t Stock your Pantry with Junk: save the junk food for special occasions outside of the home.

2. Don’t Ignore Hunger Cues: don’t clear your plate, just because. Listen to your body & ask yourself if you are still hungry.

3. Don’t Guzzle Your Calories: Restrict the majority of your daily calories to food and not drink. Focus on drinking water for hydration instead of going for sugar filled drinks and juice.

4. Don’t Buy into the Latest Diet Craze: diets don’t work because they have an endpoint. Instead focus on lifestyle changes that are maintainable.

5. Don’t Believe Everything You Hear: unless the information has research to back it up and is backed by a registered dietitian it may not be reliable.

6. Don’t Throw in the Towel: mistakes happen, it is realizes where the mistakes stem from and correcting the cause of the mistake that leads to steady change.

7. Don’t Skip Meals: skipping meals results in slowing your metabolism. It is especially essential to not skip breakfast. It truly is the most important meal of the day. When eaten appropriately it kick starts your metabolism for the rest of the day.

8. Don’t Weight Daily: daily weight fluctuations are normal and very common due to fluid changes. Pick one time a week instead to weigh yourself in the morning before breakfast and after emptying your bladder for the most accurate reading.

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