

# Healthy Tips

Eating a healthier diet can be hard sometimes. Here are some tips to incorporate healthier foods into your day!

## **1** Add, Don't Subtract

Focusing on taking foods that you love out of your diet can be discouraging. Instead, focus on adding in fruits and veggies. These will soon replace the unhealthier foods.

## **2** Stay Hydrated

Drinking water is the first step in eating healthier. Your body is better at breaking down foods when it is well hydrated. Plus it will partially suppress appetite.

## **3** Skip the Soda

Soda and other artificially flavored beverages are packed with sugar and lack nutrients that your body needs. Water is best for hydrating your body.

## **4** Avoid Eliminating Food-Groups

Unless it is a medical concern or allergy, don't eliminate a whole food-group (like carbs/fats) because of a diet. These diets are not sustainable and often backfire.

## **5** Think Balance

Nobody is perfect. It's okay to eat a little unhealthy here and there! But, try to maintain an overall balance so you neither starve or binge.

# Eat Healthier!