

TIPS FOR A HEALTHY SPRING

At long last, spring has arrived in our region. Along with this fresh, colorful, warm season, please keep in mind the continued need to nourish your body with the foods that nature provides-fruits, veggies, whole grains, nuts, seeds, legumes. Be mindful of how you shop, cook and eat! There does not have to be a trade-off between health and pleasure. You can have both.

- 1) **Do a pantry make-over.** Toss a few heavily processed staples from your pantry, such as white bread, and store bought cookies.
- 2) **Focus on your favorite foods.** For instance, if you are an omnivore buy meat from grass fed cattle and eggs from pasture-raised chickens.
- 3) **Shop the perimeter** of the grocery store. The foods that nature provides are located there☺.
- 4) **Check the labels.** Avoid hydrogenated oils, artificial colors and flavors, stabilizers, preservatives, and excessive amounts of fat, sodium, and refined flours.
- 5) **Think nutrients per serving.** Do not focus on the price of the item. Look at the protein, fiber, minerals, vitamins vs fat, sugar, chemical additives. You may also want to focus on the environmental impact of the food.
- 6) **Cook more meals at home.** Cooking helps you appreciate and enjoy your food, especially if you share the process with others. Those who cook tend to eat more healthfully and weigh less than those who don't!
- 7) **Rid your body of toxins** the healthy, natural way, by eating more plant based foods and drinking more water each and every day!
- 8) **Ditch the soda,** sports drinks and juice drinks. For a refreshing and less expensive source of hydration, drink more water with a slice of fresh orange, lemon or cucumber.
- 9) **Adjust your taste buds.** If you are use to eating foods with lots of salt, sugar, and other additives, you should retrain your taste buds to appreciate the more subtle flavors of whole foods.

