

20 Tips to Changing Behavior in Order to Eat Healthier

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1. Reduce carbonated drinks
2. Eliminate carbonated drinks
3. Reduce alcohol
4. Eliminate alcohol
5. Reduce simple sugars (white bread, cake, donuts, other confectionaries)
6. Eliminate simple sugars
7. Assess your hunger level before eating
8. Take small bites
9. Chew food 10 times per bite
10. Put your fork down between bites
11. Stop eating when no longer hungry
12. Don't drink with meals
13. Eat your breakfast including your lunch and dinner
14. Limit snacks to no more than 2 times/day
15. Eat protein with each meal and snacks
16. Drink 8 glasses of water daily; each glass is 8 ounces
17. Limit and eat small portions of fried foods and high-fat condiments to no more than twice/week
18. Begin regular exercising, 30mins/day
19. Reduce fruit juices/sugary drinks
20. Eliminate fruit juices/sugary drinks

