

Quick and easy healthy food tips to integrate into your next meal



Eating healthy can be challenging. Yet, a healthy diet has been scientifically proven to provide numerous health benefits for the mind, body, and soul. Eating healthy does not have to be challenging, as these 10 quick tips show. A small change a day will set you on the proper path to healthy eating success.



Create a meal plan for the week. Cooking dinner and eating healthy takes longer—or doesn't happen at all—when you don't have a plan. Take a look online or in a favorite cookbook for healthy recipes and ingredients that you want to make for dinner each night.

Meal prep. Doing some prep work of food staples for the week will help the week run smoothly and ease some of the stress of cooking. Some quick and easy foods to prep include quinoa, brown rice, or sweet potatoes that are great for throwing into a salad or using as side dishes.

Empty your dishwasher before you eat. As trivial as this sounds, it will encourage you to eat and have faster cleanup! Being able to load up an empty dishwasher with dinner dishes and run it before bed proves quick and easy.

Slow down. Your appetite, how much you eat, and when you get full is all controlled by hormones. It can take your brain up to 20 minutes to receive these messages from hormones so eating more slowly helps your brain recognize that you are full.

Drink more water. No matter how much water you think you are drinking – drink more. Water is important for your health and may benefit weight loss, digestion, circulation, transport of nutrients, and even skin complexion.

Bake or roast instead of grilling or frying. Frying or grilling food may form potentially toxic compounds that have links to several diseases including cancer and heart disease. Baking, broiling, simmering, or slow cooking do not form these compounds and therefore prove better for your health.

Choose whole grain. You can easily make your diet healthier by choosing whole grain bread over your favorite refined bread. Whole grains are a good source of fiber, B vitamins, and minerals, including zinc, iron, magnesium, and manganese.

Don't skip breakfast. Eating a balanced and healthy breakfast kick starts your metabolism, which helps you burn more calories throughout the day and give you essential energy.

Eat on smaller plates. Eating on larger plates makes your brain think that you haven't eaten enough. Smaller plates help you avoid overeating and lead you to feel full quicker.

Add more probiotic foods to your diet. Probiotics help your gut replenish healthy bacteria which leads to better bowel movements and digestive health. Probiotic foods—such as yogurt, apple cider, vinegar, and soft cheeses—help in the extraction of nutrients and in building the immune system.



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