How to Start Eating a Healthy Diet

START

STEP 1

Start Slow
Begin by making one to two small changes to your diet at a time, such as trying new healthy foods or incorporating a new vegetable each week.

STEP 2

Log Your Intake
Keep track of your food choices and reasons for wanting to eat healthily. Use apps like MyFitnessPal to ensure you're getting the necessary nutrition.

STEP 3

Eat Fewer Ultra-Processed Foods
Pre-made foods may be convenient, but they often lack nutritional value and can contribute to health issues. Opt for whole foods and meals that you prepare yourself.

PLANT BASED

STEP 4

Eat More Plants
A plant-based diet has numerous health benefits. You don't have to go fully vegan or vegetarian; even incorporating more plant-based foods can improve your overall health.

STEP 5

Balance Your Plate
Make sure your meals include a variety of fruits, vegetables, and lean proteins. Aim for half of your plate to be filled with vegetables.

STEP 6

Make Sensible Swaps
Replace foods high in added sugars, sodium, and white flour with whole grains or vegetable alternatives. Consider healthier options for condiments and cooking oils.

STEP 7

Try Volume Eating
Focus on consuming large volumes of low-calorie foods to feel satisfied without overeating. This approach can aid in weight loss and promote a nutrient-dense diet.

STEP 8

Don't Ditch All Carbs & Fats
Carbohydrates and healthy fats are essential for energy and overall health. Include them in your meals in appropriate portions.

STEP 9

Increase Water Intake
Stay hydrated by drinking enough water throughout the day. Replace sugary beverages with water or foods high in water content.

STEP 10

Set Yourself Up for Success
Stock your fridge and pantry with healthy options, and consider meal prepping to have nutritious meals ready on busy days.

Remember, making gradual changes and seeking guidance from healthcare professionals can help you establish a healthy eating routine.