



**Tell me what you eat,
and I will tell you what you are.**

- Anthelme Brillat-Savarin

Eating healthy doesn't have to be hard. Give up fad diets + rigidity. Follow a few sensible ideas for **healthier + enjoyable** eating:

- Stay in the 'outer ring' of the grocery store (this is where the healthier foods reside).
- Choose whole foods over processed foods.
- Pay attention to nutrient quality + quantity over calories when choosing foods.
- Go for a large variety of colors + textures on your plate to maximize nutrient intake.
- Swap out water for empty-calorie drinks (soda, sweet tea, fruit juices, etc.).
- Up your use of beneficial spices to give your tastebuds an adventure + your body useful nutrients (e.g., cinnamon, turmeric, cayenne).
- Allow yourself to enjoy those occasional 'treats' (balance is key).
- Give up your battle with food. Build a conscious + healthy relationship with what you eat.