



## Quick Guide: Top 5 Changes to Make to your Eating Plan Today!

1. **Swap your Sides and Snacks** – Think of some healthy swaps you could make right away. For example, if you eat a bag of chips with your lunch every day, make a simple switch to a single-serve bag of baby carrots instead. You'll save over 100 calories just from that one change! Small changes each day can add up to big results.
2. **Fill Your Plate with Color** – Since fruits and vegetables are naturally lower in calories and much higher in nutrient value than many other foods, they are the perfect choice to boost weight loss. If you're looking for one of the easiest ways to tell if your meal is healthy, when you look at your plate, is it mostly white, brown, or yellow? Or is it filled with vibrant colors from fruits and veggies? More color usually means it is healthier!
3. **Look at Labels** – Food labels can be really tricky to understand, and one of the biggest mistakes people make is only looking one part of a food label, such as the total calories, fat, sodium, or carbohydrates. It's hard to tell just from one number if a food is healthy or not. A quick way to tell if a certain food is a good choice is to head straight to the bottom of the label to the ingredient list. If you look at the ingredients and notice most of them are long, chemical-sounding words, they probably are chemicals and not the best choice. Look for foods that have ingredients you can actually recognize. Here are a few ingredients that can quickly tell you that a product is highly processed and not a great choice: enriched bleached flour, partially hydrogenated oil, high fructose corn syrup, sodium nitrate, artificial flavors and colors, and monosodium glutamate (MSG).
4. **Be Mindful** – This concept is all about how you eat your food. Are you someone who eats fast, in front of the TV, in the car, at your desk, or when you are stressed, bored, happy, or upset? We eat for many reasons other than just being hungry. If you stop and pay attention to your food as you eat it, you are less likely to mindlessly put bite after bite into your mouth until you realize you've eaten way too much food. It will also help you eat slower, which usually means you will eat less food and feel more satisfied.
5. **Stop While You're Ahead** – Stop eating after about 80% of your food is gone. This idea isn't meant to promote food waste, but we often keep eating until we are too full just because food is there in front of us. Stopping after about 80% of your meal can help eliminate 100- 200 calories from your daily intake. This may not sound like much, but it is a great way to increase weight loss without even feeling like you are missing out on anything.

*Happy Eating!*

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