



References

1. Centers for Disease Control and Prevention, 2018
2. Duckworth, Gendler & Gross, 2016
3. Center for Science in the Public Interest, 2011
4. Wansink, 2014
5. Wansink & van Kleef, 2014

It's time to start living your best life!

Over half of women in the US have admitted to being on a diet in the last year.¹ Can you relate? Have you struggled with your weight and dieted without success?

Ladies, it's time to ditch the diet! When it comes to making healthy choices, often we are on autopilot. We usually stick with our defaults, especially in relation to health behaviors.² Research shows that making the healthy choice the easiest choice, or the default, can help you live lighter.³ The best news? With only a few simple tweaks to your daily routine, you too can make the healthy choice the easy choice!

Healthy living doesn't have to be hard! In fact, it can be easy AND fun!

Additional Resources

MyPlate

<https://www.choosemyplate.gov>

2015-2020 Dietary Guidelines for Americans

<https://health.gov/dietaryguidelines/>

Healthy Eating for an Active Lifestyle

https://www.hhs.gov/sites/default/files/fitness/pdfs/nmm_tipsheet.pdf



Making the
Healthy Choice
the **Easy** Choice

*How to ditch the diet
and live leaner!*



How can you make the healthy choice the easy choice?

Let's start with your kitchen.

Put healthy foods in your face. Stock the most accessible shelf in your refrigerator with your favorite fruits and veggies. Have them washed and ready to go so you can grab them at any time.

Try filling clear glass bowls with fresh fruits and place them on your counter. Research shows that women who keep fresh fruit on the counter weigh less than women who don't.⁴

Ditch the junk. Purge your house of all highly processed junk foods. This includes soda, cakes, cookies, chips, and convenience foods.

Go for low fat dairy. Replace cream and high fat milk with skim milk.

Foods to have on hand...

Apples, oranges, berries, bananas, plain yogurt, low fat cottage cheese, skim milk, ANY fruit or veggie that you enjoy!

Foods to ditch...

Cookies, cakes, ice cream, chocolate, candy, soda, chips, frozen pizza.

With only a few simple tweaks to your daily routine, you too can make the healthy choice the easy choice!

Put your money where it counts!

Sign up for meal delivery kits. This ensures that there are always ingredients to prepare quick, healthy meals that are portion controlled in a flash.

Have produce boxes delivered weekly.

This gives you a chance to try new healthy fruits and veggies that you perhaps would otherwise not have purchased and ensures that there is always fresh produce at home.

Try online grocery shopping. This will help to eliminate spontaneous food purchases and the temptation that often occurs when you visit the grocery store.



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Other tips to make the Healthy choice the easy choice:

Opt for a smaller dinner plate. Toss the big plates and fill your cabinets with smaller dinner plates. Research indicates that eating from a smaller plate helps you to eat less.⁴

Focus on the family. TV is distracting and leads to over-eating. Try removing TV's from the communal areas in your house. Families who eat dinner away from the TV are leaner than those who eat in front of it.⁵

Move with ease. Place exercise equipment in the area of the house in which you spend the most time. Perhaps consider replacing a comfy chair in the living room with an exercise bike or treadmill.

When it comes to healthy living, we know what to do. The problem is execution, especially when curve balls are thrown at us. So why not create a household where the healthy choice is the easiest? Making these small changes to your daily routine will help you to live a leaner, more active life!

