



## Here's Some Ideas for Quick Healthy Meals!

- Oatmeal with berries and chopped nuts
- Whole grain English muffin with peanut butter and an apple
- Veggie omelet with 1 slice whole wheat toast
- Burrito bowl made with brown rice, beans, salsa, lettuce, and sauteed veggies
- Hummus bowl made with quinoa, garbanzo beans salad mix, tomatoes, cucumbers, and hummus
- Whole grain pasta with marinara sauce and roasted veggies
- Turkey sandwich with veggies and light ranch dressing
- Fish tacos with tortillas, shredded fish, salsa, and shredded leafy greens,
- Veggie stir fry with protein (tofu, shrimp, chicken) on brown rice
- Roasted chicken with a mozzarella and tomato salad with balsamic dressing<sup>2</sup>

## Who We Are

**A large part of creating new habits and staying motivated it is having accountability and support. If you would like guidance and help in improving your diet, feel free to contact us to work with a professional!**

### Contact Us

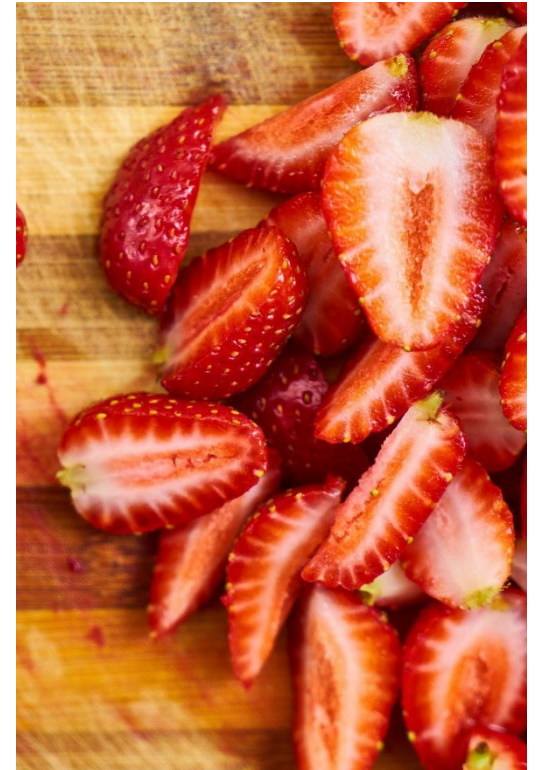
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### References:

1. Volpp K, Loewenstein G, Asch D. Behavioral economics and health. In: Glanz K, Rimer BK, Viswanath K, eds. *Health Behavior: Theory, Research, and Practice*. 5<sup>th</sup> ed. San Francisco, CA: Jossey-Bass; 2015:389-409
2. Kushner R, Kushner N. *Six factors to fit: Weight loss that works for you*. Chicago: Eatright Press; 2020.
3. Roberto CA. How psychological insights can inform food policies to address unhealthy eating habits. *American Psychologist*. 2020;75(2):265-273. doi:10.1037/amp0000554



# HOW TO MAKE HEALTHY EATING EASY

*Created by Morgan Frederick, RD*



## How can I make healthy eating easy?

We all know we should eat more fruits and vegetables and less processed food. This should be easy right? Unfortunately with the many food temptations and our busy schedules healthy eating is not always easy.

### Let's talk about healthy "defaults"...

One way to make healthy eating easy is to create healthy defaults. Defaults simply means that when presented with many choices, we are more likely to choose the default or the easiest option. Therefore making healthy foods the new default makes healthy eating easier.<sup>1</sup> All it takes is a little planning ahead. Here are a few ways to start creating healthy defaults!

### Make the Home a Healthy Haven.

Keeping the unhealthy tempting foods out of the house while stocking the kitchen with nutritious foods makes it easier to make good decisions. You can't eat the candy bar if it's not there!<sup>2,3</sup> If you live with someone who will not give up their unhealthy snacks, consider keeping those items out of sight so you don't have to face these tempting foods.

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*"Making the home a healthy haven and planning ahead for simple easy meals and snacks creates healthy defaults."*

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### Make Healthy Foods the Easiest Option

It's much easier to rip open a bag of chips than it is to prep a healthy snack. When planning meals and snacks, it's helpful to choose quick options so prepping and cooking doesn't feel so daunting. Don't be afraid to use some "short cuts" and purchase pre-prepped ingredients such as:

- Precooked chicken
- Canned tuna or salmon
- Low sodium sliced turkey
- Pre-cooked brown rice or other grains
- Pre-cut veggies
- Frozen veggie or fruit mixes
- Bagged salad mixes
- Canned beans
- Cubed tofu
- Low sodium canned chili or soup
- Healthy frozen meal options<sup>2</sup>



### Meal Plan and Prep

It can be fatiguing to think of what meals to prepare every day. Taking some time each week to plan what meals you will have, and even in some cases prepping the meals ahead of time, makes it more likely that you will eat a balanced meal. Simply eating what is planned, eliminates the difficult decision making process. Making a list of your favorite healthy meals makes meal planning seamless.<sup>2</sup>

### Think of Healthy Alternatives

Try as we might, there is no avoiding pesky cravings for indulgent foods. Having a game plan for these moments and thinking of healthy foods to have instead, makes it easier to manage cravings. For example, have dark chocolate covered nuts instead of candy or a simple bean or turkey burger instead of a cheeseburger. Have fun and get creative in finding healthy twists on your favorite recipes.<sup>2</sup>