

Trading Up for Greater Nutrition

A more sustainable approach to improving your health and weight is by “trading up” the nutritional quality of your favorite meals/snacks.

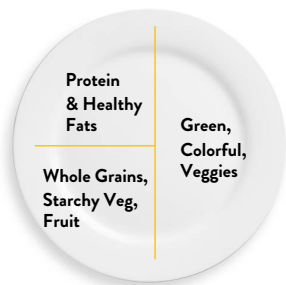
1 Gradually Upgrade

With this approach, you’ll look for more healthful alternatives to your favorite foods over time. Each week, pick a few items to “upgrade”. Add more items with each week. Make a point to buy a new vegetable or fruit each week to try.

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|--------------|---|----------------------|---|---------------------------|
| WHITE POTATO | → | SWEET POTATO | → | BROCCOLI, BRUSSELS, BEETS |
| WHITE BUN | → | MULTI GRAIN THIN BUN | → | NO BUN/LETTUCE WRAP |
| PASTA/RICE | → | VEG PASTA/BROWN RICE | → | ZOODLES/CAULIFLOWER RICE |
| SODA | → | CLEAN SODA/SELTZER | → | SPARKLING WATER |

2 Crowd Out & Time Out

With this approach, you fill your belly with nutrient-rich foods FIRST, giving your body what it needs and having less room for empty calories.



It’s very simple. Use a plate that is 8-9” in diameter. Put nutrient rich, colorful veggies on ½ of the plate. Everything else you want to eat goes on the other half.

Wait 10-15 minutes before having seconds or dessert. Take seconds of veggies first. Take a breath mint or brush your teeth to satisfy that sweet tooth. Still craving something after 10-15 minutes? Then go for something small. Moderation is key.

3 On Snacks....

Take a moment and jot down the foods you usually snack on, when you eat them, and why you eat them. Notice where you “fall off track” and binge on less healthy options and apply steps 1 and 2 to those snacks.

1) Upgrade – if you need salty/crunchy regularly, then pick up a better alternative to Lays. You don’t have to go all the way to plain celery. Instead, pick up a baked chip or a 3-ingredient chip and give yourself a controlled portion (not the whole bag). Crave sweets? Break a couple of pieces off of a low-sugar chocolate bar, like Lilly’s. Dip in an unsweetened peanut butter for extra protein. Whatever you choose – stop and really enjoy it.

2) Crowd Out – First, make sure you even need food to solve your issue....Take a big drink of water and a break to walk, stretch, or chat with someone. Still need something to tide you over? Well, have something and eat it mindfully. Fully enjoy it, fully chew it, and stop doing anything else to prevent mindless munching.

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Here are a few “upgrade” options – the degree to which they are better depends on your starting point. Generally speaking, go for fresh/minimally processed options. Colorful veggies and fruits, short ingredient lists on chips and bakery. Portioned controlled for the things you simply cannot live without.

Veggies

- Spinach
- Kale
- Broccoli
- Brussel Sprouts
- Beets
- Carrots
- Peppers
- Tomatoes

Fruits

- Fresh Berries - strawberry, raspberry, blueberry, goji berry, acai berry
- Fresh Pitted Fruits – peaches, nectarines, apricots, and mango

Protein

- Portion controlled (4-6oz) grilled/baked animal proteins – especially organic, grass-fed, no antibiotics
- Tuna and smoked salmon
- 2 TB unsweetened nut or seed butters
- Nuts & Seeds
- Eggs
- Cheese – especially Mozzarella/String Cheese
- Brown Rice
- Hummus/nut dips

Crunchy Snacks

- Raw or lightly roasted/salted cashews, almonds, brazil nuts, and hazel nuts
- Chips with 2-3 ingredients (veg, oil, salt)
- Seasoned popcorn
- Seeded crisps/crackers
- Veggies & Dip

Sweet Snacks

- High cocoa/low sugar chocolate (i.e., Lilly’s)
- Homemade cookies or bars
- Chocolate covered strawberries
- Greek yogurt with toppings
- Low sugar or “mini” portion controlled frozen desserts

Spicy Snacks

- Fermented veggies – kimchi, sauerkraut, carrot, beet, ginger
- Spiced nuts
- Veg with spicy dip
- Spiced kale chips