10 Quick and Easy Healthy Food Tips to Integrate into Your Next Meal

Caraday Healthcare

The **Caraday** *Way*

Eating healthy does not have to be difficult or time-consuming. At Caraday we encourage even the smallest changes to set you on the path to developing healthier eating habits – it's the Caraday Way!

> *"By always being a friend to them and giving them support when they need it, so that they don't lose sight of their goals."*

Samantha Sciaccio
Regency House

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Create a Meal Plan for the Week. Cooking dinner and eating healthy takes longer—or doesn't happen at all—when you don't have a plan. Look online or in a favorite cookbook for healthy recipes you want to make for dinner each night and shop for those recipes.

Meal Prep. Doing some prep work for the week will help save time and ease some of the stress of cooking. Some quick and easy foods to prepare for the week include quinoa, brown rice, and sweet potatoes—all are great for throwing into a salad or using as a side dish.

Empty your Dishwasher Before You Eat. As trivial as this sounds, it will encourage you to eat and have faster cleanup. Load up an empty dishwasher with dinner dishes and run it before bed so cleanup is easy and you can start cooking the next day without an excuse.

Slow Down. Your appetite, how much you eat, and when you're full are controlled by hormones. It can take your brain up to 20 minutes to receive these messages, so eating slowly helps your brain recognize you're full.

Drink More Water. No matter how much water you think you're drinking – always drink more. Water is vital for your health and may benefit weight loss, digestion, circulation, transportation of nutrients, and even skin complexion.

Bake or Roast Instead of Grilling or Frying. Frying or grilling food may form potentially toxic compounds that have links to several diseases, including cancer and heart disease. Baking, broiling, simmering, or slow cooking are healthier options.

Choose Whole Grain. You can easily make your diet healthier by choosing whole-grain bread over refined bread. Whole grains are a good source of fiber, B vitamins, and minerals, such as zinc, iron, magnesium, and manganese.

Don't Skip Breakfast. Eating a balanced and healthy breakfast kick starts your metabolism, which helps you burn more calories throughout the day. Breakfast gives you the energy you need to get through your day.

Eat on Smaller Plates. Eating on larger plates makes your brain think you haven't eaten enough. Smaller plates help you avoid overeating and feel full quicker.

Add More Probiotic Foods to Your Diet. Probiotic foods—such as yogurt, apple cider, vinegar, and soft cheeses—help extract nutrients and build the immune system.

For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com