

# HOW TO EAT BETTER

With so many diets on the market – many of which conflict with one another – it can feel overwhelming to know how to simply “eat better.” Below are eight simple tips that will help you truly eat better.

## **Make Small Changes**

When someone wants to eat better, the first thing they typically think of doing is hopping on a diet. However, most diets fail... why? Diets fail because they are based on deprivation and they often take the joy out of eating. People view a diet as “temporary,” knowing that eventually they will abandon it. Unfortunately, “abandoning” a diet leads to falling back to old patterns and habits, thereby bringing them right back to their old way of eating. Instead of going on a diet, consider taking the journey toward a healthier diet one bite at a time... focus on small changes! Ask yourself, “what is one thing I can commit to right now that I feel confident I could do forever?” If you drink soda every day, try limiting yourself to drinking soda every other day. If you always stop for takeout after work, set a goal of cooking one healthy meal every weeknight.

## **Focus on Addition Rather than Subtraction**

Instead of saying “I want to cut out all sugar,” you might say, “my goal this week is to eat 2 servings of fruit every day.” The point of this is to replace negative actions with positive actions, thereby increasing your mindset about eating better. If you go straight to elimination, there is nothing to build off, and your willpower will likely wain over time. However, you can build on the habit of addition – start with 2 servings of fruit every day this week, then aim for 3 servings of fruit every day the following week!

## **Practice Mindfulness**

When we eat mindlessly, we tend to overeat. By being more mindful about your eating habits, you will be more aware of what you’re putting into your body and learn to understand your body’s internal hunger cues. Here are a few tips to practice mindful eating...

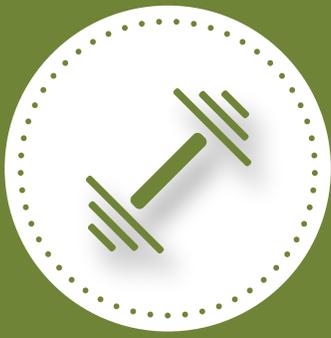
Chew each bite of food at least 20 times before swallowing. Chewing is the first step in digestion, so fully breaking down your food before swallowing will lead to better digestion and help you feel better. Chewing 20+ times will also slow you down so you can better gauge your body’s internal cues and ultimately when you are feeling satisfied.

Try not to eat in front of a screen. It’s easy to mindlessly overeat if you’re shoving food into your mouth while scrolling through your phone or watching a TV show.

Eat with others. Not only does this allow you to share and get some healthy connection, but you also slow down and can enjoy the food and conversation more, and we take our cues from our dinner partner, not over- or under-eating out of emotion.

## **Avoid Heavily Processed Foods**

One of the simplest ways to eat better is to cut out processed foods. Processed foods are specifically engineered to make you crave more and more, which makes it easy to overeat. This is especially true for sugary foods like candy, sugary cereals, and soda. If you don’t feel that you can cut out all processed foods in the beginning, simply create a barrier between yourself and your “impulse foods.” Do you really love potato chips? Okay, that’s fine, you can have them occasionally, but don’t buy a large bag of them to be kept in your house. Instead, when you really want them, drive to the store, and buy a single serving.



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## **Prioritize Protein**

Protein is a key macronutrient when it comes to maintaining a lean and healthy physique. It is satiating (it keeps you more full), it helps you build lean muscle, it boosts your metabolism, and more. It also has a slightly higher “thermic effect” than the other two macronutrients (carbohydrates and fat), meaning it requires more energy to break protein down. Good sources of protein include lean meats like chicken and turkey, eggs, fish, and dairy. Aim for one serving with every meal.

## **Do Not View Carbs as the Enemy**

Carbohydrates are your body’s main source of energy – they help fuel your brain, kidneys, muscles, and central nervous system. A healthy diet should contain a moderate amount of carbs for optimal physical and mental performance. Focus on fiber-rich fruits and vegetables and whole grains as the majority of your carbohydrate sources.

## **Don’t Forget About Fat**

Fats have many functions in the body: they are an energy source, they aid in hormonal production, they form the membranes of your cells, and they provide support for your nervous system. Healthy fats include grass-fed meats, wild-caught fish, coconut, olive oil, avocado, nuts, and seeds.

## **Track Your Food**

Tracking your food helps you understand what you’re eating. It teaches about the fundamental macronutrients – protein, carbohydrates, and fat. It also helps you understand how many calories are in various types of foods and how much food you ultimately need to maintain, gain, or lose weight.

## **How You Can Use the InBody Scanner as a Tool to Eat Better**

The InBody Scanner is a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. Using the InBody Scanner provides an accurate way to see how your body is changing over time. When you feed your body with nutritious foods like high quality protein sources, fruits, and vegetables, you set yourself up to build muscle and burn body fat. By getting a body composition analysis completed with the InBody Scanner on a relatively frequent basis, you can see quantitative data that your body is changing as a result of eating better.