Healthy Eating Tips

Stock up the Fridge and Pantry with Healthy Foods
The first step to healthy eating is to have access to nutritious foods. Stock up on fresh fruit, green vegetables, baby carrots, celery, low-fat cheese, whole grain bread and crackers, and low-fat yogurt. Pre-cut frozen fruits and vegetables are also great items to have on hand to put together a quick meal. Remove unhealthy items such as cookies, chips, ice cream, candies, sodas, cheese crackers out of sight to avoid temptations.

Eat Breakfast
There is no better way than to start your day with a healthy and delicious breakfast. Not only does it provide you with energy you need to function properly throughout the day, eating breakfast also helps curb your appetite, preventing the possibility of making unhealthy food choices later in the day. Try making an egg white omelet with mixed vegetables on whole wheat toast, or plain greek yogurt with sliced walnuts and berries.

Plan and Prep Ahead
Packing lunch to work and cooking dinner are great ways to cut unnecessary calories and avoid ordering takeout. Making meals does not have to be time consuming. The key is to prepare ahead of time. Preparing the week’s lunch on a Sunday is a great way to save time. Include lean protein and whole grains to ensure a nutritious meal. For example, grilled chicken with steamed broccoli and sliced apples, or baked salmon with asparagus. You can also make a quick and easy meal by turning leftovers into a stew or soup.

Create a Balanced Meal
Everyone needs a balanced diet to fuel your mind and body. A healthy balanced meal consists of a serving of complex carbohydrates, protein, and healthy fats. Choose green leafy vegetables, whole grains, or fruits as your complex carbohydrate choice. Add chicken, turkey, fish, beans, eggs, or legumes as your protein source. Add some healthy fats such as nuts, avocado, or olive oil. By consuming a balanced meal, you prevent yourself from unnecessary snacking throughout the day, which can sabotage your weight loss.

Stay hydrated
Adequate hydration is essential to health. Water aids in waste elimination, nutrient transportation, and maintenance of both blood pressure and body temperature. Drinking water, instead of sugar-sweetened beverages that are loaded with calories, is a better choice when trying to lose weight. Try infusing water with fruits and mint to add natural flavor. The recommended daily water intake is 6-8 cups of water; amount varies depending on activity level and body size.

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