
WELL FED DAILY

OVERCOMING HOLIDAY CRAVINGS

ONE DAY AT A TIME

Upgrade your Healthstyle

The ONLY Way to Stay Healthy Longterm

Many of you have learned the hard way that getting healthy and losing weight aren't about sacrifice and willpower, and that dieting is actually a better way to gain weight than to lose it. That is why it is important to create a healthy lifestyle (aka healthstyle) that makes getting and staying healthy fun, easy and automatic. It takes the thinking out of it and turns the "should do's" into "done." The secret, is no secret anymore, it is cultivating a set of healthy habits you actually enjoy.

Upgrading your healthstyle is the only way to stay healthy long-term because it doesn't rely on self-control. True habits are triggered in your brain automatically, like a reflex, but habits only form when your behaviors are paired with a reward. That means to get healthy you have to eat foods you love, find activities you enjoy and truly feel happy and fulfilled. That's a pretty awesome eating mentality isn't it? That is until you pair it with the most feared food category of all time, vegetables. So how do we take foods like vegetables that many times are classified as bland, boring and bitter and create a new habit focused on the reward of eating them?

For the LOVE of Veggies

The Foundation of a Healthy Life

Decades of research on diet, nutrition and health have all confirmed that a diet rich in vegetables can reduce your risk of and even reverse almost every disease imaginable. Vegetables are arguably the most health-promoting food group on the planet. Unfortunately we are a nation who fears everything veggie thus why there is bottle upon bottle of different supplements trying to give people the same benefit.

Interestingly, one of the most consistent findings in nutrition science is that any attempt to isolate a specific element of food and create a useful dietary supplement fails to mimic the benefits of the whole food. A supplement cannot replace that of which real food provides.

So with that said, it goes back to creating eating habits that provide a foundation of vegetables and thus of nutrients. So how do we do this? With the cue and most importantly, the reward. Our goal as humans is to feel satisfied when finished eating. To truly feel like the food we ate was delicious enough to satisfy, yet nourishing enough to energize. This should sum up how we approach vegetables. We need to have them present and prepped in a way that makes it so easy you can't say no.

The question becomes, are veggie haters born, or made? The answer seems to be both. Some of us have negative vegetable experiences from our childhood that come back to haunt us. Maybe you were forced to eat vegetables or finish them before you could leave the dinner table. Maybe it stems from your adulthood when you jumped on the latest fad-diet bandwagon where all you could eat were plain, raw vegetables.

If vegetables are only served in ways that don't match your personal flavor preferences, they won't seem exciting. Introduce them into foods and meals you already love, which maintains the golden rule of habit formation.

5 TIPS

On Making Vegetables Easier to Swallow

1. *Buy Seasonal*

The non-scientific answer is that seasonal produce just tastes better. The scientific answer is seasonal produce contains far more nutrients, flavonoids and is proven to taste better. Take for instance a tomato. We all know what a freshly picked, vine-ripe, red, juicy summer tomato tastes like, right? Nothing quite compares to the sweetness and tanginess of a beautiful heirloom tomato. Now take a standard beefsteak tomato found in the grocery store the middle of January. Pale, hard, and lacking in flavor.

Not only do the flavors differ, but the nutrient content does as well. You can probably already guess which one is bursting with nutrients and which is lacking. Of course, those seasonal, sun-ripened fruits and vegetables are always going to contain more nutrients, you can even taste it. Always buy what is in season.

Buying in season also helps you to mix things up. It pulls you away from eating the same foods over and over again and provides a variety of nutrient dense, flavorful options that change every couple of months keeping your taste buds satisfied and providing ample nutrients to your body.

2. *Add to Dishes you Already Love*

Don't forget the "Golden Rule" of habit formation. Keep the same cue or reminder and the same reward, just change the action. Adding vegetables to the foods you already love follows this rule. You know you already love the foods and they provide the reward you are seeking, so why not take that dish and amp it up with vegetables? If you love tacos, add more veggies or make it a taco salad. You keep all of the flavors and satiety of the taco you crave yet increase the nutrient density. It really is as simple as that.

3. *Dips & Sauces*

We all love to dip and you can't tell me you don't love a good sauce. They just make everything taste a little better. If you can't swallow a veggie, try adding the flavor of your favorite dip or sauce. When cooking try a garlic butter sauce or dip in your favorite hummus or ranch mix. Mix it up and keep it interesting.

4. *Increase the Fun Factor*

Food is meant to be fun, exciting, something we look forward to. So why not increase the fun factor with veggies. Try stuffing them or wrapping them in bacon. It takes something ordinary and creates something extraordinary! Cheesy, possibly but that is also a great addition to the otherwise boring veggies.

5. *Try, Try, Try Again*

Just as you make your children try foods over and over, you should too. It is true that it takes some time for our bodies to develop a taste for certain foods. If you don't like it once, try it again, change the way you cook or prep it. Persistence pays off and once you start enjoying a few, it will quickly snowball into a developed taste.

CARE ABOUT YOUR FOOD

When you care about what and why you eat, your food choices are more clear, easier to maintain, and ultimately more rewarding. Your healthstyle will practically upgrade itself.

List Foods or Meals You Love:	How Can You Add Veggies to These?

Record how many servings of vegetables you consume today.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
 where we want to be

What's a serving? 1 cup raw -- leafy 1/2 cup all other

Today I am thankful for.....

1.

2.