

Mindlessly Eating Better:

The best diet is the one that you don't notice you're on!

Mindless Eating can either help or hurt your overall health. Try some of these mindless eating techniques to eat better. Better eating means different things to different people. Better eating can mean eating more nutritiously, eating more or less, eating without guilt, or simply enjoying your food more.

Make healthy eating a little easier using these simple methods:

1. *Small Changes.*

Make small changes, approximately 100-200kcal, in your daily food intake. Small changes will be relatively unnoticeable to your body and will not leave you feeling deprived or stuffed.

2. *Be aware of Diet Danger Zones.*

Re-structure behaviours around your individual diet danger zones (meal time, snacking, social situations, work, eating out, car) that move you towards better eating.

3. *Set 3 small goals.*

Start with just three easy changes that you can make without much sacrifice.

For example - eat suppers only at the dinner table. Carry a water bottle with you at all times to stay hydrated. Make your coffee at home to save a few dollars per day.

4. *Create a daily checklist.*

This checklist will help to keep you accountable to your new goals and help you to form healthier habits.

If you found yourself a long way from home with no way to get there, you would probably choose to walk, not run. The same goes for mindlessly eating better. It can be a slow, steady walk that begins with removing unwanted eating triggers and rearranging your diet danger zones so that they work for you and your family rather than against you.