# 9 Easy Healthy
## Switches for A Better Diet

### 1. Choose water

Instead of choosing a sugary beverage like a sports drink, sweetened tea, or soda, choose water. You can always drink it over ice or with a lemon so it does not feel so plain.

### 2. Pack a fresh fruit snack

Keep a healthful snack like fresh fruit with you. If you forget to eat breakfast or can't get away for lunch you will have a healthful and high fiber treat that will hold you over until you have time to eat.

### 3. Buy a cookbook

Feeling pressed for time and buying too much frozen food or meals away from home? Try a new cookbook to be more motivated to cook at home.

### 4. Go vegetarian once a week

Why not institute meatless Monday at your home? By shifting one meal a week to a plant-based choice like vegetarian chili or a vegetarian burrito or veggie burger you can choose a meal that is chocked full of fiber and great nutrients!

### 5. Sugar

Cut back on the amount of added sugars you consume. One easy way is to switch to an unsweetened cereal. Another easy way is to choose a fruit for dessert instead of a cookie, cake or ice cream.

### 6. Pack your lunch

Try packing your lunch once or twice a week. Leftovers from dinner or a large salad can make preparation really easy!

### 7. Make a healthy plate

Whenever you are making dinner think about how you will make a healthy plate. It is easy! Just fill half your plate with vegetables, then one quarter with a lean protein, then one quarter with a whole grain like brown rice or quinoa.

### 8. Beans once a week

Once a week, try to serve a bean or legume. Some ideas include lentil soup, split pea soup, chili, or any dish that contains beans. You will be adding more fiber to your meal plan .

### 9. Get up early

Get up a little earlier so you can make more time for exercise before you go to work. It is always easier to fit in some extra physical activity before the day begins.