

Mark's Corner



6 METHODS TO EAT HEALTHIER IN 2022



BEGIN SMALL: When attempting to change one's diet, take it one step at a time. Don't try and change it overnight. Set one weekly goal to build upon; avoid sodas, sugared beverages, fast food, and ultra-processed foods and replace them with more water, fruits and vegetables.



FOCUS ON ADDING HEALTHY ALTERNATIVES: Rather than giving up foods, focus on eating more produce for its health protective benefits. Try to incorporate one veggie at breakfast. For example, try a side salad for breakfast, **YES for breakfast**. Enjoy a veggie and fruit smoothie, oatmeal with wilted greens, a sweet potato, red peppers on top of avocado toast, or leftover roasted veggies in eggs or plant-based eggs.



TASTE A WIDE VARIETY OF COLORS: Consume a colorful diet. Color your plate with a variety of fruits and veggies, nuts, whole grains, lean meats, and fish. Cut back on sugars and refined carbs like white rice or bread and replace them with a variety of colorful, whole foods.



CONSUME MORE PLANTS: A whole food diet has many potential health benefits. Eating a plant-forward diet decreases the risk of hypertension, heart disease, diabetes and some cancers. It can also help maintain a healthy body weight. Whole, nutrient dense foods can also support the immune system, which helps especially at this time in our lives with Covid. Stocking up on plant-based essentials on the weekend will help you prep for the upcoming week.



TRY THE MEDITERRANEAN DIET: The Mediterranean diet is full of heart healthy fats, lean proteins and many vegetables and fruits. Research has proven the benefits of the Mediterranean diet. It is shown to lower your risk of heart disease, may reduce the risk of Alzheimer's disease and prevent cognitive decline, may help in weight loss and arthritis. It's also linked to reducing risk for certain cancers and can help ease depression in some cases. See how your diet stacks up to the Mediterranean Diet with this helpful food pyramid. [CLICK HERE](#) for the mediterranean Diet Pyramid.



TOP YOUR PLATE WITH BEANS AND LEAFY GREENS: Beans are great sources of plant-based protein, which many Americans do not eat enough of. They are a source of fiber which supports healthy cholesterol, balances hunger cues and blood sugar levels. Leafy greens are nutrient dense – low in calories and high in nutrition. They can help decrease the risk of chronic disease, increase your brain function, and are loaded with immunity supporting carotenoids, vitamin K and Magnesium.