

The first step in having a great relationship with your health is EAT. We start by drinking more water and adding more vegetables to our plate.

Let's talk about these two additions:

1. Drink more water

Most don't get enough water. I thought I was a water drinker until I learned how much water my body actually needs. At a minimum our body needs half its body weight in ounces. And, better weight loss is closer to our body weight in ounces.

The benefits are: eat less, better sleep, less cravings, skin looks better, less constipation, less brain fog, and more.

We all KNOW we need more water but it's just hard to do, isn't it?

Here are my 4 secrets to getting more water in: Temperature, Taste, Tracking, and Water Bottle

Temperature: I find that it's easier to get more water in when it's room temperature. The key is to drink 16 ounces as soon as you wake up, 16 ounces before each meal, and the leftover ounces throughout the day.

Taste: A lot of people don't necessarily love the taste of water. Finding add-ins such as herbs, fruit, cucumbers, or even drops such as STIR are great ways to spruce up your water.

Tracking: I thought I was drinking a lot of water, until I started tracking. My reality was much different than what I thought. There are lots of tracking tools to keep up with how much water you are drinking. Several of my water bottles have measurements on them. You can also add rubber bands and each time you drink a full bottle, you can take a rubber band off. Other tips are: water apps, gallon jugs to pour into your water bottle or even bottles that will alert you and keep track!

Water Bottle: Finding the right water bottle (and having it with you at all times) is key! I love large water bottles with a straw, my new Stanley, or Smart Water Bottles that I can refill. I find that those are easier for me to drink larger quantities from.

2. Eat more vegetables

What comes to your mind when you think of vegetables?

For me, soggy broccoli comes to mind. The kind my mom used to make. It wasn't until I learned the importance of vegetables as well as how to make them taste yummy, did I start to like vegetables.

Eating more vegetables is simple to do but not always easy, especially if we don't LOVE veggies. Like I said, I started to learn to develop a taste for vegetables once I found some I liked.

Vegetables are a healthy tool for weight loss and general health. They have helpful nutrients that help your body function properly. They are packed with fiber that fills your stomach & fills you up. When you fill up with veggies, there is less room for other foods that don't help with your

goals. I found that I liked most veggies with a little olive oil & salt, roasted in the oven.

I've found these great swaps for my carb loving self:

Cauliflower rice instead of white rice

Zucchini noodles instead of pasta

Spaghetti squash instead of pasta

Turnip fries instead of potato fries

Kale chips instead of tortilla chips

I've even been known to dip cucumbers and carrots in queso .

By having a plate of cut up veggies when my boys got home, they were more likely to snack on that while I was preparing dinner. They actually ASK for veggies now when they are home because it makes them feel so much better.

What about other food groups?

Let's categorize different food groups and what their role is:

Carbohydrates are for energy. Carbohydrates can be found in starchy vegetables as well as rice, oats, and various grains. That's why we don't need carbohydrates at dinner...we don't need energy if we are going to bed in just a few hours.

Vegetables, like I've already mentioned, are to fill us up and give us the nutrients & vitamins our body needs to function at its peak. Plus fiber! This helps with our digestion!

Protein is to satiate us and to help us build/maintain muscle. This is a really important food group for peri/post menopausal women who need about 30-40g per meal! Having a balanced breakfast with equal parts protein and carbohydrates will set you (and your daughter) up for success!

When you teach your kids (and yourself) what role various food groups have, it's easier to have a healthier relationship with those foods.

Do you need some energy? Then you need a carbohydrate

Need to maintain/build muscle? Then you need some protein.

Looking to fill your body with nutrients, vitamins, and fiber? Grab some veggies!

It's important to eat all the food groups.

What about *junk food*?

Instead of calling it "junk food", let's change the narrative on there being "bad" foods. There are no "bad" foods. There are just foods that don't help us with our goals of feeling better or giving us energy.

Also, instead of calling foods "cheats", try calling them "Treats". Again, no foods are bad...they just might not be great for whatever goals you have set before you.

Here's another great tip when it comes to food:

If there are foods that you struggle with, don't bring them in the house! You have control of what comes in your house. And, if you don't need that food because of the way it makes you feel or lack of control with it, chances are...they don't need it either.

When the kids were growing up, we didn't have a lot of "treat" foods in our house. I didn't have self control with them. So, when we wanted a treat, we'd go out for a treat! That way I wasn't left sitting there eating a whole pan of brownies. Our local bakery knows me well!

These are just a few of the tips that I have learned from the dietician I partner with to help my clients feel better and have a better relationship with food. The full program includes over 40 different videos and really does help with your mindset when it comes to food. You can purchase it [here](#) or learn more [here](#)