

5 Simple Ways to Eat Better

Most people *want* to eat healthy food. But most people think that eating well requires some special expertise. Here's the thing: eating well really isn't that difficult. In fact, make a few small changes to your eating routine, and you'll be on the way in no time. Below, we take a look at five straightforward changes that'll have a dramatic – and positive – effect on your lifestyle.



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Shop Local

The meals you're making might seem to be fine, but there's an issue – you're using the wrong ingredients. Believe it or not, not all ingredients and meals are created equal. There's a big difference between the quality of vegetables and other foods! And local is usually the best. If you buy locally produced products, then you're already be eating healthier. Stuff that have traveled hundreds of miles to your plate will have lost much of their goodness by the time you put it in your mouth.

Your local Farmer's Market is a great place to shop. And if you have space on your property, you can go one better and set up your own vegetable garden. It doesn't get much healthier than your new yard!



Switch out the Snacks

Try to give up all snacks, and you'll be doomed to fail. Everyone wants to eat food outside of mealtime now and then! But before you go grabbing those potato chips, maybe think about the virtues of the packet – they'll taste good, but won't be very good for you. Instead, look at healthier alternatives. Carrots and [hummus](#) are just as delicious, and they are good for your body!

Morning Goodness

One of the reasons we don't eat as well as we should is because we simply don't have enough time. But what if there was a way to quickly get your fill of goodness? If you have a blender, then you'll be able to get your day started the right way by making a delicious smoothie. Invest in a [refurbished Vitamix](#), and it'll take all of a couple of minutes to get a healthy dose of vitamins and minerals. All you'll need to do is throw in all of your favorite fruits and vegetables, add some water, and then drink it down. Easy – and delicious!

Learn Portion Sizes

Some people think they eat well and then get confused when they're not as healthy as they'd like to be. What went wrong? If it's not the ingredients, then it might be the portion size. Here in the US the "All you can eat" franchises have led us to believe a portion is far larger than it is. Did you know one cup of rice is about the size of a tennis ball? And did you know a 3 oz serving of meat (yes, that's the right portion) is about the size as a deck of cards? There are plenty of foods that are good for you...but only if you eat them in the right portions. Make sure you understand what portion sizes are supposed to look like before you fill your plate (and try using a smaller plate)!

Enjoy the Wonder of Cooking



Finally, if you're relying on other people to cook for you then you're asking for trouble. Rediscover the [pleasures of cooking](#), and you'll never get too far wrong with your diet! There are a lot of great recipe ideas out there that will nourish your body and party in your mouth. So let's get cooking and living a healthier life!