

[IMAGE]

3 Keys to Eating Right

More IS MORE - Copyright © Stock Photo / Register Mark **More IS MORE**

This is a major eye opener for anyone trying to lose weight or eat healthier: In general, more is more. That means eating more frequently: six or seven small, healthy meals and snacks per day, which balances blood sugar, boosts metabolism and delivers continual nutrition to your cells. Load up on small amounts of nutrient-dense food throughout the day and you'll look better, feel better and live better.

Think Variety - Copyright © Stock Photo / Register Mark **Think Variety**

Eating healthier means progressively infusing more nutritious foods into your existing diet; it doesn't mean eliminating your favorites forever. That tactic will lead to one result and one result only: an eventual "return" to your unhealthy ways. Instead, develop a meal plan that emphasizes variety - both healthier choices and less-healthy favorites. You'll be more likely to stick with it for the long haul.

True Colors - Copyright © Stock Photo / Register Mark **True Colors**

There's no debating the value of color in your diet, but we don't mean the artificial kind. Cut the FD&C Blue No. 1, Green No. 3 and Yellow No. 5 from your diet and see how many unhealthy foods go by the wayside (many cereals, most colored frostings, etc.). Replace those colors with the natural kind; namely fruits and vegetables, which deliver abundant nutrients your body needs.

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