

4 Essential Steps to begin a Diet Free Life!

1. Enjoy what you eat.

Picking food that tastes good means you are more likely to stick to it without thinking. By adding fat, sugar, seasoning and salt to make your meals and snacks tasty, you will find eating rewarding and nourishing.

Of course, this will also allow you to eat a variety from all the food groups: fruits, vegetables, grains, dairy, and protein because you

enjoy!

them, not because you have to!

2. Select not restrict!

You will **never** tire of eating a variety of foods. Picking different items from within each food group will promote a lifelong path to wellness.

This is because mentally it is **easier to stick** with eating a variety of foods than to restrict or eliminate foods. By teaching your body it is okay to select and eat, you are improving the likelihood you will **maintain** this new way of eating. From this point your body and mind will begin to trust you and a healthy relationship with eating will begin.

In addition, by selecting different foods you are better able to reach your needs for energy and essential vitamins and minerals.

Example 1: In one day have orange juice for breakfast, raspberries with lunch and cantaloupe at dinner. Three different types of fruit: juice, fresh and canned. In addition each type offers as a rich source of Vitamin C, Vitamin A, and Fiber

Example 2: Include a variety of fats in your cooking: Offer Saturated Fats like butter, cream and gravy with other unsaturated fats like mayonnaise, olive, canola oil, corn, or soybean oil.



NEVER BORED!

3. Permission to Nourish!

Make eating a nourishing activity by giving it a time and place.

This doesn't mean you have to eat on a timetable 3 times a day. **It means when you eat you eat!** Eating while you walk, watch tv, drive or other things that are distracting decreases your ability to be satisfied with the food you eat and the company you keep. By establishing that eating is the priority and the focus at that particular time, you are able to listen to your body's cues. There is a natural rhythm that is improved while sitting and enjoying a meal. And you may even be able to enjoy a great chat with those you are eating a meal with to boot!

4. Allow yourself to be who you are in the moment

Your body shape and size is a gift and specialized only for you.

Working at nourishing the body you have now allows yourself to live in the moment, promote inner self listening and actively cultivates self-compassion. Being present is a distinct part of being and living healthy!

Living with sound healthy eating and lifestyle practices is the key rather than focusing on weight loss. Learning to internally listen to what your body needs for food, activity and rest will promote the **best in yourself**.

It is **sustainable** which is more than the weight loss promoting plans can proclaim. The natural nourishing rhythm you create will reflect in your body shape and stabilize where it needs to be. No more yo-yo weight jumping as it doesn't support health for long term well living. There is no magic jean size that dictates one's health. Being in tune with what is going on inside will be the necessary magic for you to "see" the real you in the mirror!

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