The Small Changes Check List

* Eat one serving of berries per day. (Ex: blueberries, strawberries, raspberries)
* Eat three servings of fruit each day. (Ex: bananas, apples, pineapple, mango)
* Eat one serving of cruciferous vegetables per day. (Ex: kale, broccoli, cabbage)
* Eat two servings of green leafy vegetables each day. (Ex: spinach, lettuce greens)
* Eat two other vegetables per day. (Ex: carrots, cucumber, green beans, corn)
* Eat three servings of beans each day. (Ex: hummus, black beans, lentils, tofu)
* Eat two tablespoons of ground flax seeds per day.
* Eat one serving of nuts or seeds each day. (Ex. Almonds, chia seeds, peanut butter)
* Eat three servings of whole grains per day. (Ex: Oatmeal, bread, pasta, brown rice)
* Drink about eight glasses of water each day. Stay well hydrated during the day.
* Choose tea, water, or seltzer waters over sodas, energy drinks, and alcohol.
* Eat meals undistracted, meaning without watching TV or looking at social media.
* Take at least twenty minutes to eat each meal. Chew more slowly. Enjoy the meal.
* Try adding cumin, garlic, ginger, or nutritional yeast to meals.
* Drink green tea, hot or iced, every day.
* Front load your calories, meaning eat a big breakfast, medium lunch, and big dinner
* Eat a piece of fruit, small cup of vegetable soup, or small salad before each meal.
* Drink a glass of water before each meal,
* Bring healthy snacks, like fruit or mixed nuts, with you when you go to work.