



Healthy eating champions,

Welcome to the beginning of your healthy eating journey!

I'm Kati and I'm the founder of AroundthePlate.org, your resource for all things food-related. As a top nutrition expert, my goal is to motivate, encourage, and inspire you to make better decisions about the foods you eat.

You see, food isn't the problem. We like to blame our foods, call them names, and forbid them from our plates, but the real problem is often us. The environment we find ourselves in is not designed with our health in mind. That's why I believe eating well is more than just choosing the right foods. Knowing how to nourish yourself through the foods you eat is important, but it's not the entire healthy eating story.

At Around the Plate, we believe that to change the way you eat, you first have to change the rules of the game. Together, we're starting a healthy, happy eating revolution where the rules are not designed to diminish, restrict, or guilt your food decisions. They are created to help you eat your best, feel great daily, and take care of the one and only body you've been given.

So let's leave our old dieting ways behind and start a new journey together. Our healthy, happy eating revolution starts now!

Kati Mora, MS, RD

founder of AroundthePlate.org



Our Healthy, Happy Eating Revolution Begins Now!

Guidelines for Your Healthiest, Happiest Eating Plan EVER!!

Guideline #1: Get Back to Basics

Learn about the basic 5 – the five food groups your body needs daily to feel its best. Fruits, vegetables, grains, proteins, and dairy/dairy alternatives are a great starting point for refocusing your meal plan. This means less food out of bags and boxes, and more food from the perimeter of your grocery store. Or, better yet, consider visiting your local farmer's market or co-op to explore new basic options perfect for developing a healthy base.

Guideline #2: Spend Time with Your Food

To eat well, you have to spend time getting to know the foods you eat. If you don't, you'll never figure out how to get maximum flavor and benefit from them. Trust me, foods that are good for you alone are even better together! So spend some time preparing meals or snacks in the comfort of your own home or look for fun activities to do in your local community. To eat well, you have to know how foods go together and that only comes with practice.

Guideline #3: Fake It 'til You Make It

You may not be a healthy eater yet, but that doesn't mean you can't shop like you are! In order to be a healthy eater, you have to have nourishing, nutrient-rich foods available. So stock your pantry and fridge with foods you know offer you nutritional benefits, and keep experimenting with what you keep on hand. Eventually you'll discover good-for-you foods that taste great and you won't be faking it anymore.

Guideline #4: Do Your Prep Work

Having the right ingredients on hand is a good start, but if you don't know how to put together a meal or snack with them, you really aren't better off than you were before they were in your kitchen. Make sure you and your family create a game plan! Decide what foods from the basic 5 you want to incorporate into your meals and put together a basic meal plan. Try to aim for at least 3-4 food groups at each meal and 2 at each snack time.

Guideline #5: Put Those Meals In Their Place

Before you can start trusting your body to tell you what it needs, you have to get your meal time rhythm back on track. Food is just one of life's many pleasures, and your regularly scheduled meals and snacks are the proper times to enjoy it. Don't let food thoughts follow you around all day and don't let mindless munching deter your progress. Instead, make time for breakfast, lunch, and dinner and one or two planned snacks throughout the day.

Guideline #6: Rethink Your Plate

When is the last time you checked the size of your plate? If its larger than 9", it is time to downgrade! In fact, you may find your salad plate to be a more realistic palate for your meals. The larger your plate, the more likely you are to eat more than you need. Keep that mindless eating in check! And speaking of portions, it may be helpful to rethink those too. We often eat larger portions than we need. A good rule of thumb is to make sure your 9" plate has a ¼ plate protein, ¼ plate grain, and half a plate of veggies and/or fruit.

Guideline #7: Live in Color

Everything is more fun in color! Don't let your food be the exception. Make sure you're adding plenty of brightly hued foods to your meal plan. The natural colors of food are often great indicators of the nutrients they provide. Green veggies provide different nutrients than purple fruits do and red meats provide different nutrients than black beans do. To cover all your nutrient bases, add variety and avoid the "beige out."

Guideline #8: Listen to Your Body

The sooner you can identify hunger, the sooner you can nourish your body appropriately. By having a strong meal structure in place, you can begin retuning your body's internal cues and start eating guilt free. The better you get at identifying your hunger and fullness cues, the more likely you'll be able to provide your body with the right amount of fuel it needs. Plus, it's a lot easier to make healthy, strong food decisions when you're not starving!

Guideline #9: Drink Up

Water is often considered the forgotten nutrient, but for great health, it's a requirement! Drink up and aim for at least eight 8 oz glasses a day . Have fun with water too by adding a few fruits, veggies and herbs to your glass for a little refreshment and flavor boost.

Guideline #10: Get Moving

When you eat with health in mind, you're eating for a body that moves. Don't sit around and let your amazing, energy-packed meals and snacks sit there with you. Put 'em to work! Get up and get moving. Whether it's a traditional gym class or playing with your kids, aim for at least 30 minutes of movement daily. Remember, it's about taking care of your one and only body. Keep it moving to feel amazing.

Guideline #11: Relax and Breathe

Stress is a healthy eating killjoy. Make sure as you are beginning to take better care of yourself, you allow yourself time to just breathe. Read a book, take a snooze, or take a bath. Whatever allows you to just shut down for a few minutes of the day. Be sure to also get enough sleep. Sleep deprivation makes everything harder to do, so start your day off on the right foot with adequate sleep.

Guideline #12: Set Boundaries

As you begin to change the way you eat, you may notice that others have a thing or two to say about it. Most of the time comments you receive from others are said with the best intentions, but they can easily throw you off your game. Don't be afraid to set boundaries and own your meal plan. This is about you and your health. Don't let others bring you down! Hold your head high and make decisions that are right for you.

Guideline #13: Make it Fun

Eating should be enjoyable – especially healthy eating! We're talking about making a long-lasting change, and I don't know about you, but signing up for a meal plan where I'm going to be miserable every time I eat sounds pretty awful to me. You may have to get creative and you may need to try a variety of different techniques to make healthy eating enjoyable, but it's worth the effort. Why? Because healthy eating can and should be fun! It's the only way it's maintainable.

Guideline #14: Make it Affordable

Costly foods are often a big obstacle we face when we make the decision to eat healthy. Don't let it be your stumbling block. Planning out your meals in advance will definitely help ensure you only spend money on the foods you need; however, tackling food waste is another great way to reduce your spending. Reuse your foods as much as possible. Whether that means reimagining leftovers or prepping up extra veggies at dinner time to throw into another meal the following day, repurposing your food is a great way to extend your budget and maximize health benefits from the foods you have in your kitchen. Foods that provide protein, fat, and fiber tend to also be more filling, meaning you don't need to eat as much to feel full. A bag of chips may seem like a great deal, but odds are you'll need to eat something sooner than if you would have had some sliced vegetables dipped in hummus.

Guideline #15: Have Your Core Team in Place

When you make big changes to your daily life, it's important that you don't go at it alone. Make sure you have a team in place that can help guide you in the right direction and cheer you on. Your team may include a therapist, physician, exercise physiologist, or a registered dietitian. Choose people that help you stay focused, motivated and safe. Friends and family can make great cheerleaders and support team members. Consider asking one or two people you trust to be a part of your journey.



Get Connected

For weekly inspiration and motivation, be sure to visit AroundthePlate.org. Myself and our incredible team are ready to help you eat your best and share some pretty awesome tips and tricks.

For additional support, be sure to join our community on Facebook (<http://facebook.com/aroundtheplate>) or follow us on Twitter (<http://twitter.com/aroundtheplate>). We're always happy to chat with fellow healthy eaters!

Take Your Healthy Eating to the Next Level By Meeting One-on-One With One of Our Nutrition Experts

We want you to be a successful, happy eater and our team of nutrition experts are ready to help you get there! If you need a little extra support or want us to help you establish healthy goals to shoot for, we're here for you! If you live in the Central Michigan or West Michigan region, you can meet with one of our registered dietitians in person. We also offer nutrition coaching online. Shoot Kati an email at kati@aroundtheplate.org if you'd like to set up your appointment today or if you have questions about the variety of programs we offer.