



8 Great Ways to Eat Healthy without losing the Taste

While you may be very interested in changing your diet so you can enjoy better health, you're probably a bit concerned about having to eat food that tastes terrible. However, eating healthy doesn't automatically mean eating without flavour!

Thankfully, there are several ways you can consume healthier alternatives without losing the taste, and it mostly depends on how much creativity you put into your meals.

Try the following tips for healthy food preparation options that guarantee great taste:

1. Abandon the frying pan. Deep fried food can be *really* tasty, but unfortunately far from healthy. However, you can easily replace the deep frying process with baking or grilling. In fact, you'll end up with juicier meats by baking or grilling properly.

2. Use fresh herbs and spices. Instead of using powdered seasonings with additives, why not consider substituting those with fresh herbs and spices? *They're definitely more natural, which is a plus.* But they also have much more powerful flavours than any store-bought powdered variety you try out.

3. Replace unhealthy sides with tasty salads. As much as you love to indulge in a serving of macaroni and cheese or potato salad, you're doing damage to your body each time you do. So why not replace them with yummy salads, to which you can add cheeses and dressings, and still end up consuming fewer calories than the unhealthy alternatives?

4. Replace simple carbs with complex carbs. *Simple carbs are simply bad for you!* White breads, cakes, and white rice have very little nutritional value. Instead, try complex carbs like whole grains, legumes, and sweet potatoes. By consulting your trusty recipe books, you can turn those healthy carbs into explosions of flavour!

5. Eat lean meats. If you're a meat lover, you can relax! *You can still eat meat and do so healthily by ensuring you buy lean cuts.* Instead of grilling burgers and hot dogs, you can treat your body to a nice, lean, juicy steak. Top that off with some baked potatoes and you'll have a healthy, yet delicious, meal!

6. Marinate meats. To get the most from your healthy meat options like salmon, turkey and lean steak, marinate them for several hours before cooking. Using something like low-sodium soy sauce to marinate can really result in great flavours.

7. Make your own sauces. Sauces and dressings don't have to be scratched off your healthy foods list entirely. However, the store-bought ones do! Replace those with homemade dressings and sauces that allow you to control which ingredients you put in. Getting healthy, juicy barbecue chicken is very possible when you do your own sauces.

8. Substitute fruit juices with real fruit. There's that sweetness about fruit juices that makes them appealing to kids and adults alike. ***However, you should avoid the excess sugars found in them at all costs.*** Instead, have some whole fruit that can be just as enjoyable but much better for your body.

Following these tips will help you let go of the mind-set that deep fried or sugar infused foods are the only ones that are pleasing to the palate. Healthy options definitely exist if you're interested in treating your body right.

All your meals *can* be tasty and healthy at the same time. There's just no way you can beat having food with good flavour and great health properties. ***That's the perfect combination!***

To listen to a sample or purchase the MP3 for Healthy Eating that accompanies this Mind Guide, please [click here](#) (available shortly)