



# CREATE YOUR OWN HEALTH FOOD SPA

A few simple tricks can transform your kitchen into the ultimate health food spa.

## 1. Organize Your Fridge for Success

Place the healthiest options in clear containers on the shelves near the front of the refrigerator. Zip-close bags and resealable containers of fresh fruit, carrots, hummus and yogurt are good choices.

## 2. Keep Smaller Plates and Bowls Handy

Portion control is, in part, a visual phenomenon because we unconsciously fill our plates when serving food. Flip this in your favor by using smaller plates and bowls. Another tip is to wait 10-15 minutes before going back for second helpings. It takes a while for our brains to register that we've eaten enough to be satisfied.

## 3. Prepare Portion-Controlled Ready-to-Eat Snacks

Right after unloading your grocery store haul, divide healthy snacks into portion-controlled containers you can easily grab when hit with a snack attack. Try one-ounce bags of almonds, three-cup bags of air-popped popcorn or chia pudding in mini Mason jars. When these good-for-you snacks are handy, you'll be less tempted to sit down with a giant bag of potato chips.

## 4. Make Mealtime a No Screen Zone

Studies suggest that people who eat while distracted by technology aren't paying attention to signals the brain sends regarding hunger and satiety. As a result, they tend to eat more than they need or want. Focus on food, not screens.

## 5. Spice Up Your Pantry

Liven up your salads with unique oils and vinegars. Explore different hot sauces, spice blends and mustards. But be sure to check the sodium and sugar levels on condiment labels before buying.

## 6. Designate a Treat Drawer

Keep higher-calorie/higher-fat snacks like chips, cookies, candies, etc., in a single drawer or cupboard so you only see them when you're looking specifically for them.

## 7. Keep It Tidy

A recent study found that participants in a cluttered kitchen consumed nearly three times as many cookies than they did in a tidy kitchen. Messy environments tend to initiate an out-of-control mindset that can carry into eating behaviors.

## Stock Your Newly Organized Kitchen with These Heart-Healthy Recipes



[90-calorie cinnamon raisin oatmeal cookies](#)



[Cottage cheese veggie dip](#)



[Butternut squash carbonara with broccoli](#)

Sources: [eatingwell.com](http://eatingwell.com), National Center for Chronic Disease Prevention and Health Promotion, U.S. National Library of Medicine - National Institutes of Health



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