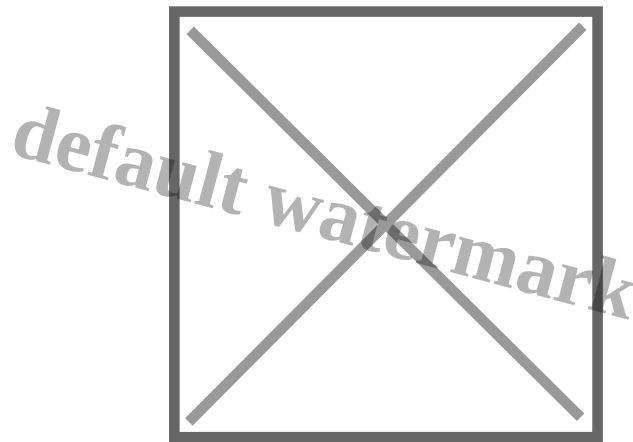


The Best Way to Never Worry About Calories Again

Description

Basically, eat whole foods and don't eat packaged food. Cutting out packaged food and making your own snacks and meals from fresh, wholesome ingredients is the key to better health. Convenient foods sealed in a pretty package or perfectly shaped box present a problem for many people; they're convenient!

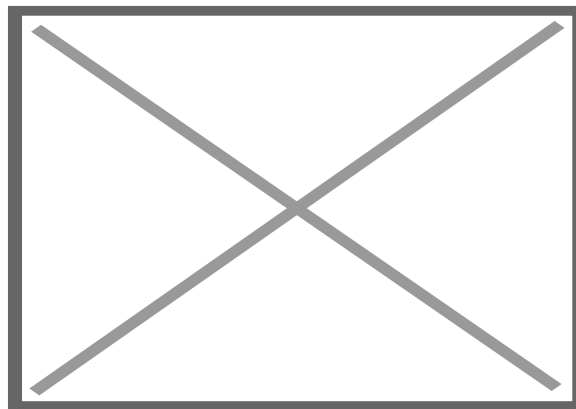
What happens when you pour a bowl of cereal, finish the puffs/flakes/crisps (I'll save these processed things for a later post) and still have milk leftover? Instead of simply just drinking it or finding use for it in a recipe, many people will just pour more cereal in the bowl.



I'm guilty of doing this in the past, and sometimes still do, but I rarely buy boxed cereal for this reason. I make my own 'cereal' with plain rolled oats and add various ingredients like pureed pumpkin, carrots, eggplant, yogurt, protein powder, peanut flour, chia seeds, mashed banana, nut butter, and more.

I'll add stevia to make it sweeter if necessary, and always avoid adding non-nutritive sugar. Using a banana has the benefit of providing natural sweetness and comfort.

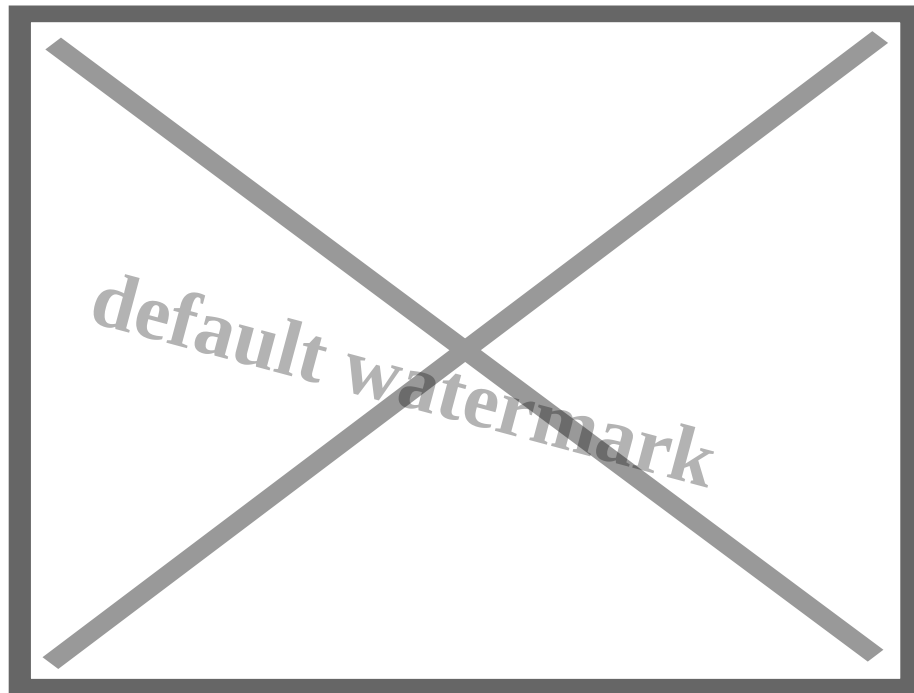
When you choose to eat whole foods that aren't sitting on a shelf in a package, you naturally feel full and know when to stop most of the time. With plenty of fiber, water, and essential nutrients in whole veggies, you can eat plenty and still have a low calorie meal.



I want so bad to explain this to the uninformed, but so many think of this as 'too hard' or 'there's just not enough time.' Nonsense! I say. If you say you really want to be healthier and change your lifestyle, then it CAN be done!

Give it a chance; if you™re going to buy something packaged, make it baby carrots or a veggie mix that™s pre-cut. These are great for snacking alone or dipping in no or low calorie dips like mustard or plain non-fat yogurt mixed with herbs and spices.

It™s funny how you could give an unhealthy person a few simple ways to be healthier, but they will quickly ignore the suggestions while buying into the advertising on a box of “all natural” or “high fiber” snacks.



It should be a red flag when you see a product trying to pass itself off as being healthy by just saying it is low cal or making some other claim on the front of the box. Then you read the ingredients and see 50+ items you can™t pronounce. Really? Is that healthy? NO!

You don't have to

EAT LESS

You just have to



Sorry for all of the jumping around, my head spins when I get caught up thinking of the vast information out there and how people listen to the wrong things. Usually it ties into whatâ€™s easier.

As a parent, Iâ€™m even more uptight about food and where it comes from. Avery is only eating solids at night with the rest of her calories still coming from breast milk, but sheâ€™s enjoying her fresh veggies. Why would I want to feed a cutie like this something manufactured in a plant and rolled off an assembly line?



When sheâ€™s older, I hope to have her in the kitchen helping me prepare the food that we eat and learning along the way. Nothing but the best for our growing girl, and I know sheâ€™ll be healthier as a result!

The takeaway?

Don't follow some diet, especially ones that will benefit financially from you.

Don't listen to claims on labels or even purchase packaged food.

Do choose whole food like fresh produce, lean cuts of meat (if applicable), and plain legumes.

Here are a few posts from my old food blog, [Just Add Cayenne](#), for some great ideas to get started:

[Healthy Food Swaps](#)

[15 Healthy Cooking and Eating Tips](#)

[Diet Fads and How to Avoid Them](#)

[Why Diets Don't Work](#)

[Simple and Healthy Snack Ideas](#)

Hope these help!

Are you stuck in a convenient food rut? Were you in the past? If so, how have you prevailed to overcome the "easy route" and choose fresh food instead?

Do you agree with my assessment? Whole foods = natural calorie regulation, no counting needed! The stripped down boxed stuff will leave you constantly craving more and more and may not ever keep you satisfied.

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