

Supersimple Switches that Trick You Into Eating Healthier

Switch the Order. When dining out, be the first one to order. You'll be less likely to change your mind after hearing what others are having.

Switch Sides. A recent study showed that if you eat with your non-dominant hand, you can reduce what you eat by 30% because it breaks up that automatic hand-to-mouth flow. If you have trouble slowing down, put your utensil in your other hand. It's inconvenient, it's awkward, and you cannot go fast.

Switch Your Shakers. Fill your salt shaker with pepper and your pepper shaker with salt. Since salt shakers have more holes, this *supersimple* switch will help to slash your sodium intake.

Switch Your Speed. A Japanese study found that faster eaters gained an average of 4.2 pounds over 8 years, while slower eaters gained only 1.5 pounds.

Switch Your Latte to a Tea. Research shows L-theanine, an amino acid in tea, reduces feelings of stress and increases relaxation.

Switch Your Chips. When baking, use mini chocolate chips in place of regular chips and you can use about $\frac{1}{4}$ less than the recipe calls for without anyone noticing.

Switch Paprika for Bacon. Nix the bacon; use smoked paprika instead to get that smoke-infused taste.

Switch Your Snack. In-shell pistachios are a good low-cal source of protein, with a filling 6 grams of protein per ounce and only 100 calories per 30-nut serving. Researchers have

found that eating in-shell pistachios resulted in eating 41% less calories compared to those who ate shelled nuts.

***Lisa Lewis**, author of **Healthy Happy Cooking**, available in the **First Place 4 Health** online store.*