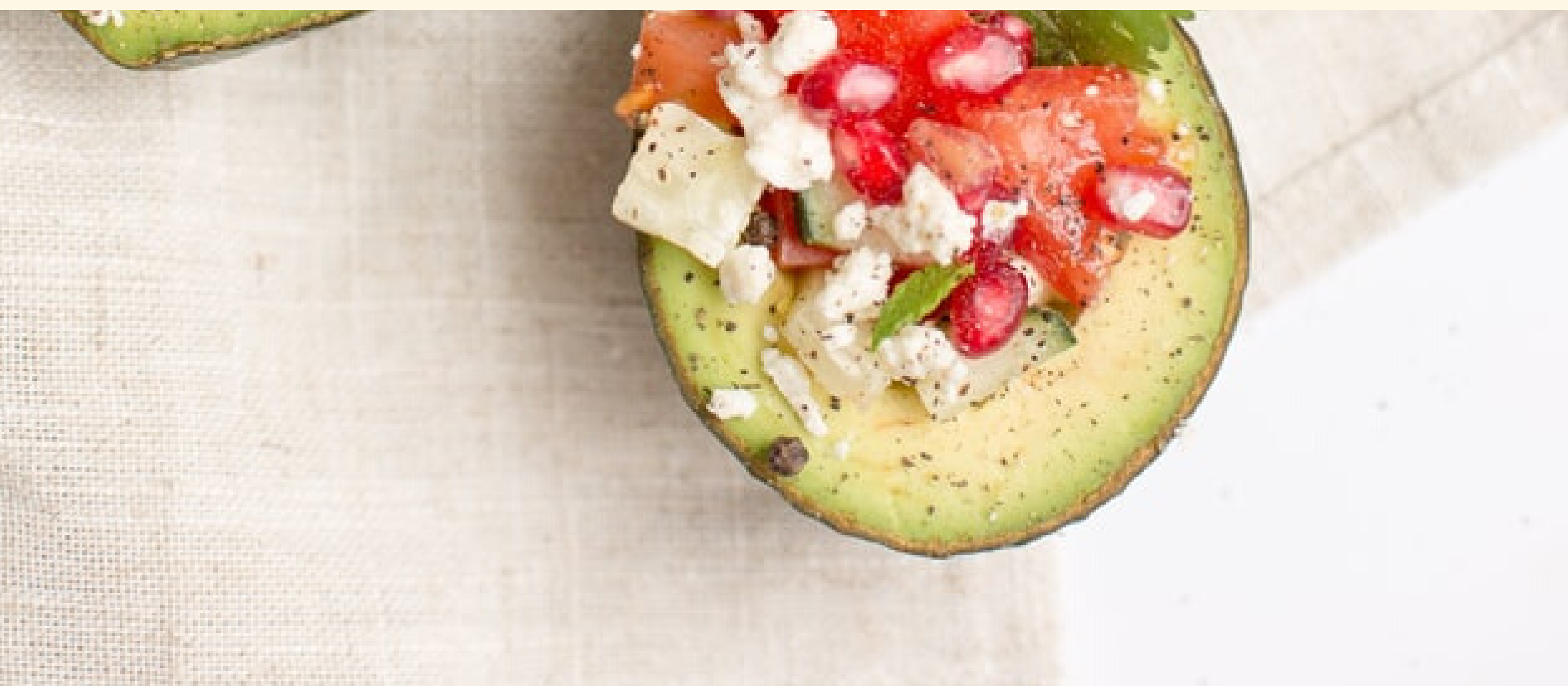




3 EASY AND EFFECTIVE DIET SWAPS

to help you lose weight, feel happier and healthier



BY MARIE PILZ

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3 Easy and Effective Diet Swaps

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How much time do you need to adjust?

We have all heard that sugar can be as addictive as heroin. Luckily for most of us, overcoming sugar addiction is not as hard. Changing your taste buds, or more precisely resetting them back to normal, will take you a couple of weeks maximum.

What day is it today? Mark your calendar 3 weeks from now. If you cut (a major portion of) sugar from your diet today, in 3 weeks at the latest, your taste buds will adjust and less sweet foods will become your new normal.

You will enjoy your real plain yogurt with fresh fruits as much as you were enjoying the one with artificial flavour until now. And your body will feel much better and your scale will be much happier as well.



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Changing your mind and approach to food is the key to success

I strongly believe there is no point in making radical changes and 'suffering' with crazy diets. If you cannot imagine eating according to a dieting plan until the end of your life, such a diet will never be successful. Not in the long run.

You need to change your understanding of foods and your overall approach. You have to look at foods and see the powerful nourishment for your body. This is quite hard to do when you consume foods with the lists of ingredients which sounds like from another planet.

You need to be aware and understand all those wonderful healing and nourishing powers that are hidden in vegetables and whole seeds grains and beans etc. Once you do, you will WANT to eat more of those natural foods and less of those "edible foodlike substances" - I love this term by Michael Pollan; if you do nothing else for your health, read his book Food Rules: An Eater's Manual.

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Individual approach

Changing your eating habits (hence losing weight naturally) is not about quick one-fit-all fixes. Every person has different biological predispositions, different history and personal preferences and all of those need to be evaluated while finding the right approach to food and eating habits in general.

Being healthy and happy in our bodies is not that difficult. We just have to go back to what is natural for us as human beings. To kick start your journey here are a few examples of easy everyday swaps that you can implement as a part of your life.



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This is not a magic. But it is a very good start

I just want to add one caveat. No list of '3 easy swaps' will ever be sufficient to properly change your life, especially if your current diet is very unhealthy and includes lots of highly processed and sugary foods (or edible foodlike substances to be precise :-). But it could be a very good starting point.

This list can show you that changing your eating habits can be easy and effective. Some of my suggestions do require some prep work, but once you get a hold of it, it will become your new normal. I promise. Perhaps it will even encourage you to try more.

And if you feel like changing your diet is a humongous overwhelming task, please get in touch with me. It is really not that complicated and with a little bit of guidance, you can get a long way.

1. Replace soda with **FRUIT WATER**



On average one soda beverage (350 ml or 12 ounces) contains approx. 40g of sugar. You would have to eat about 2.5 kilos/5.5 pounds of broccoli to get that amount of sugar.

Perhaps broccoli would not satisfy your sweet tooth. So let's try blueberries. This amount of sugar could be found in approx. 0.5 kg/1 pound of blueberries.

1. Replace soda with **FRUIT WATER**

I do not think many people would enjoy eating that many blueberries in one sitting. But it is very easy to drink that amount of sugar in your sweetened soda. And perhaps even more.

Huge difference is also in the form. If you drink that soda beverage, you get “clean” sugar. There is nothing more the body has to do. You can imagine it as if you were to shoot the sugar right into your bloodstream.

Whereas with blueberries or broccoli, you also get all the other parts, proteins and fiber which the body has to process. And the sugar is released into the bloodstream slowly.

It all makes sense. Human beings have always been eating blueberries and broccolis. Our bodies know how to process them properly. We have biochemical mechanisms in place helping us process those foods. Our bodies are not adjusted to process ridiculously high amounts of sugars processed by machines into sweet beverages.

1. Replace soda with **FRUIT WATER**

So what can you do?

Do not drink soda and drink much healthier and tastier water with fruits.

Ideally you would drink just plain water. But if that is not your jam, there is nothing easier than throwing a few berries into your glass. You can buy a pack of frozen blueberries and have them in your freezer ready for whenever you get thirsty. If you like your drinks colder the berries will serve that purpose as well.

Lemon is always a great option to add into your water.

You can slice a few pieces into your glass.

I like my lemon water with pulps. We always have a big bowl of lemons in our fridge. (If you want to learn more about the best way to store lemons, click **here**.) Every morning I take one lemon, cut it in half and squeeze a bit of lemon juice together with the pulp into my glass.

1. Replace soda with **FRUIT WATER**

I leave both half on a little plate on our countertop and refill our glasses throughout the day. By the end of the day, the juicy pulpy part of the lemon is all used and we compost the rest.

But any fruit and even some vegetables will work. If you are courageous you can come up with all kinds of new flavours. Also spices such as cinnamon can make your drinks special.

This is really an easy change because you have so many options. You can come up with so many different flavours to match your taste. And the improvement in your health and weight will be huge especially if you were a heavy soda drinker.



2. Replace candies with **DARK CHOCOLATE**



All those candies and chocolate bars are super packed with sugar. Everybody knows that. But let's repeat the exercise we did earlier with soda to see the real numbers. Let's try a Snickers bar.

The average weight would be different in the USA and in Europe. Which by itself is pretty concerning. In the USA average Snickers bar weights 2.8 ounces (80g) and contains approx. 1.4 ounces (40g) of sugar. In Europe the average Snickers bar weighs about 50g (1.8 ounces) and contains 25g (0.88 ounces) of sugar.

2. Replace candies with **DARK CHOCOLATE**

So if you snack on a US Snickers bar, you will get as much sugar as from the 350 ml/12 ounces soda drink. As I mentioned above, you would have to eat about 2.5 kilos/5.5 pounds of broccoli or 0.5 kg/1 pound of blueberries to get that amount of sugar.

For a European Snickers bar, you would get a little bit less as the bars are sold in smaller packages, but my point remains: it is a ridiculous amount of sugar to consume in one setting within a couple of minutes.

You do not have to be a nutritionist or a biochemist to understand that this is wrong. We all know this is bad. Perhaps our brains and taste buds have been blocked by the amount of sugar we have eaten in our lives. But it is reversible.

Try it for yourself. Take your cooking scale and weigh 1.4 ounces/40g of sugar. Would you like to eat that within 5 minutes? And you can do this experiment with your soda as well.

2. Replace candies with **DARK CHOCOLATE**

Try to pour that amount of sugar into your glass with 350 ml/12 ounces of water and properly mix together. Try how sweet that is and think about it for a minute. Would you like to drink that knowing and seeing with your own eye how much sugar is in there?

And if you do, then shoot me an email. Firstly, there are not that many people in the world like you so I would like to meet you and secondly, you seriously need help :-)

I strongly encourage you to make this experiment for yourself. It takes just 5 minutes and I am positive it will shift your mind. And perhaps next time your hand goes to grab that Snickers bar at the gas station, your head will stop it.



2. Replace candies with **DARK CHOCOLATE**

But what can you do if you just love sweets and cannot imagine living without it?

Eat REAL dark chocolate. Hear me out. You have to get at least 70% of Cacao and buy the more expensive ones. You will not need that many so overall it is going to be cheaper than your regular candies, especially if you are used to a lot of snacking.

With the dark chocolate, you would not be able to eat 100g/3.5 ounces in one sitting. The taste is just too intense that it would not allow you to do so. Especially if you are used to a lot of highly processed sugary sweets. Also, if you were to eat the whole thing at one sitting you would probably get into trouble later in the restroom.

What I recommend doing is eating a few pieces of dark chocolate with fruits. My personal favorites are blueberries. The mixture of those two is just delicious. But any fruit will work really. Just peel your orange or banana, grab that smaller piece of dark chocolate and enjoy your treat.

2. Replace candies with **DARK CHOCOLATE**



2. Replace candies with **DARK CHOCOLATE**

And of course, the more fruits (and less chocolate) the better, but still if you keep the amount of chocolate reasonable, you do not have to feel bad about this treat at all. It is as healthy as it gets when we are talking about treats.

It would be a real challenge to find any benefit of eating that Snickers bar. It is however quite easy to find many benefits of eating a good quality dark chocolate (in a reasonable amount - but that applies to everything).

Dark chocolate contains a noticeable amount of iron, magnesium, manganese, potassium, zinc, phosphorus and selenium. Additionally, dark chocolate contains many antioxidants.

There are studies showing that eating moderate amounts of dark chocolate can improve your brain functions, your heart, immune system and skin.

So skip that nasty artificial candy bar and get into the habit of snacking on dark chocolate with fruits.

3. Add **VEGETABLES** to your pizza



This recommendation is less of a swap and more an addition.

I am yet to meet a client who eats enough vegetables. Most of us are not even close to what our bodies require. Average American consumes only about 1.5 cups of vegetables a day. In Europe the number would be slightly better but still not good enough. Where you want to be is somewhere between 2 to 3 cups a day and probably closer to 3.

But how to get there? Especially if veggies are not your thing? It is actually much easier than you would think.

3. Add **VEGETABLES** to your pizza

Add vegetables to your every meal. Eat whatever you are used to. I mean in an ideal world you would eat only healthy and nourishing foods, but if you are not quite there yet, the least you can do for yourself is to add vegetables to your 'edible foodlike substances' :-).

Takeout meal

Are you ordering a takeout meal full of cheese and added sugar and who knows what else? Fine, if you have to, go ahead, but while you are waiting for your delivery, go to your fridge and spend 3 minutes preparing your favorite vegetables.

Get a cucumber and a couple of tomatoes. Wash everything, cut the cucumber lengthwise into finger sized pieces, cut the tomatoes into bite size pieces.



3. Add **VEGETABLES** to your pizza

Eat the veggies with your takeout meal. Or even better eat them while you are waiting for your meal so that your stomach is partially full and you will not eat the whole thing. But even if you do, you have managed to eat some great nutritious healthy food in addition to your not so healthy meal.

Frozen Pizza (or any other frozen meal for that matter)

Are you going to have a frozen pizza for dinner? This is my favorite! It is so simple to change something predominantly not healthy into a-ok-dinner.

The first step is adding vegetables to eat on the side of your pizza or other frozen meal. On a tray next to your pizza, you can bake your additional veggies. The choice is really unlimited. Whatever vegetable you like and works for baking.



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3. Add **VEGETABLES** to your pizza

Carrots - peeled and cut into finger sized pieces.

Zucchini - cut into full moon or finger sized pieces. You do not have to peel them.

Onion - cut into whatever shape you prefer.

Cherry tomatoes - cut in halves.

Pumpkin - cut into finger sized pieces.

Broccoli and cauliflower - cut into small florets.

Bell Pepper - cut lengthwise.

Asparagus, Eggplants, Brussels sprouts etc.

Choose your veggies, cut them into approximately the same pieces, sprinkle the species of your choice and bake them together with your pizza or other meal.



3. Add **VEGETABLES** to your pizza

The second step is really my favourite trick and works mainly for pizza.

Once your pizza is done and if the original flavouring works, add additional goodies on the top. This is the reason why it is better to buy rather plain pizzas like margheritas.

Canned fish is a great option. Either sardines, mackerels or tuna work great. And if you add some green leafy vegetables such as spinach or arugula, you have created a reasonably healthy dinner.

Eat your newly improved pizza with your baked veggies and you can really feel good about how you treated your body.

Final words

Of course, there are many more tricks and tips on how to make your journey to a healthier and happier self easier. If you feel like you still need more guidance, please check out my website or get in touch with me directly.

You can expect a very professional approach while maintaining a friendly and non-judgemental atmosphere. We are all learning and finding our better selves as we go. Sometimes we just need a little push from the outside to get things going into a right direction.

Marie