

14 Tiny Habits For a Healthier, Happier You

Your Guide to Building Lifelong Healthy Habits

1 Start Your Day with Berries and Seeds

Add a tablespoon of flax, chia, and hemp seeds to your morning smoothie, breakfast, or berries.



2 Commit to One Salad a Day

Enjoy a large, colorful salad as your main meal for lunch or dinner.



3 Switch to Nut/Seed-Based Dressings

Replace oil with nut- or seed-based dressings. Keep a batch in your fridge—they also double as a great dip or sauce!



4 Drink Water Before Meals

Drink clean, purified water (avoid municipal water or plastic bottles), at least 15 minutes before or 2 hours after meals. Limit liquids to half a cup during meals to prevent diluting digestive juices.



5 Eat at Least Two Pieces of Fresh Fruit Daily

Swap sugary snacks or desserts with fresh fruits like apples, oranges, or berries.



6 Add Beans or Lentils to Every Meal

Incorporate beans or lentils into soups, salads, or as a side dish to boost fiber and protein.



7 Eliminate Processed Foods

Ditch chips, crackers, and other processed snacks. Opt for fresh vegetables with hummus instead.



8 Make Greens the Star of Your Plate

Include greens in every meal, raw for lunch and dinner, and cooked for dinner or soups. Make them the largest portion on your plate.



9 Water-Sauté Your Veggies

Experiment with water or vegetable broth to cook veggies instead of using oil.



10 Set 10-Minute Movement Goals

Incorporate short bursts of exercise like dancing, stretching, or walking throughout your day. It's more effective than a few rigorous workouts per week.



11 Practice Mindful Eating

Chew slowly and thoroughly, focusing on each bite to enhance digestion and satiety.



12 Prep Veggies for the Week

Dedicate time to wash, chop, and store veggies so they're ready for quick meals.



13 Avoid Packaged Foods

Stick to whole, label-free foods like fresh produce. If you use packaged items occasionally, choose those with less than 200 mg of added salt and limit them to once a day.



14 Incorporate Mushrooms Daily

Add mushrooms to one meal per day. Bonus: Experiment with different varieties or try mushroom supplements to expand your routine.



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