



Andrew Weil's Top 10 Eating Healthier Tips

1. Cut down on products made with flour and sugar, including whole wheat flour.
2. Avoid sweetened beverages.
3. Master a few simple recipes made with fresh ingredients that are easy to prepare and taste really good.
4. Eat more vegetables - of all colors.
5. Use lower temperatures for all cooking, including baking and grilling. Do more steaming.
6. Experiment with less familiar whole grains: quinoa, farro, buckwheat groats (kasha), barley, wild rice.
7. Get rid of any Teflon coated pans. Try the newer ceramic coated nonstick cookware.
8. Try adding a level tablespoon of turmeric powder to soups, stews, and bean dishes.
9. Look for extra-virgin olive oil that gives a peppery bite at the back of the throat (from oleocanthal, a potent anti-inflammatory component).
10. Practice eating mindfully, with full attention on the experience of each bite.