

How to Avoid Foolish Food Choices

Its April Fool's Day and the perfect time to think about the foods and habits that are still tricking you and slowing down your success. We're offering some wise alternatives, because we like to focus on what you can add to your diet more than what you should take away.

Wise men don't need advice. Fools won't take it.

--Benjamin Franklin

1. Eat fresh whole fruit instead of drinking juice. You'll get more fiber and satisfaction.
2. Eat at home instead of eating out. Studies show, you'll get more nutrition and take in fewer calories.
3. Choose darker greens for your salad in place of iceberg lettuce for a boost in nutrients.
4. Use Greek yogurt in place of mayo for chicken or tuna salad. You'll cut the fat and boost the protein.
5. Freeze grapes for a cold sweet treat in place of ice cream. Roll in sugar-free Jello powder first for fun.
6. Top pancakes with Greek yogurt and fresh fruit in place of syrup.
7. Snack on air-popped popcorn in place of chips.
8. Select cauliflower rice in place of rice.
9. Out with the pasta—make mock mac and cheese with cauliflower instead.
10. Craving some Italian? Substitute spaghetti squash for the noodles in lasagna or spaghetti.
11. Instead of eating in the company cafeteria or vending machines, take your meals and snacks with you.
12. Eat at the table without the distraction of the TV or computer. You'll be more mindful, enjoy your food, and eat less.

Here cometh April again, and as far as I can see the world hath more fools in it than ever.

--Charles Lamb

13. Instead of buying a coffee shop, make your own. Use a ready-to-drink protein for creamer or a little Fairlife milk and sweetener.
14. Instead of a burger, make a light sandwich. Use lean meat, an extra thin cheese slice and a single slice of light bread.
15. Instead of eating from the container, portion out your snacks into individual bags. You're more likely to hit the stop button if you have to open another bag.
16. Instead of staying up late for the latest episode of Tiger King, go to bed. You'll be less likely to crave simple carbs and more likely to follow through with your exercise intentions.
17. Snack on raw veggies or kale chips instead of chips when you need a crunchy snack.
18. Instead of stopping for a smoothie on the way home, make your own with Greek yogurt, Fairlife milk and fresh fruit.
19. Eat a measured amount of pistachios in the shell instead of chips.
20. Swap the meat for a vegetarian option once a week or more often.

21. Swap vegetable noodles for pasta.
22. Swap out your favorite sweets with sugar free versions. There are very few foods that cannot be made without added sugar.
23. Swap out chocolate milk with Fairlife Nutrition Plan (available at Sam's and BJ's shopping clubs).
24. Use more beans in place of meat.
25. Track your food and exercise—otherwise you're sure to be fooled. Just try to remember what you ate over the last 2 days. It's hard. Be in control by tracking.
26. Add peanut butter powder, or PB2, and a pack of stevia to Greek yogurt for a tasty fruit dip.

Let us be thankful for the fools. But for them the rest of us could not succeed.

--Mark Twain

27. Sprinkle some garbanzo beans or edamame into your salad for filling fiber and protein
28. Make sugar-free protein muffins or sugar-free protein cookies to keep on hand for sweet cravings.
29. Have hard boiled eggs in the fridge for an easy, high protein snack
30. If you have to stop at the gas station for a quick snack, look in the cooler section for meat or cheese sticks or protein shakes.
31. Use your muffin pan to make mini egg quiches. Add veggies, low fat cheese or turkey bacon to change up the flavors.
32. Have a list when you go to the grocery store. You're more likely to stick to buying only what's on your list and you'll save money.
33. Stay on the perimeter of the grocery store when shopping. You'll fill your cart with more produce, fresh meats, and good high-protein dairy products instead of processed snacks foods.
34. If you can't find the fresh produce you are looking for use canned and/or frozen. The nutrition content in these varieties is just as good as fresh. Avoid added sauces and creams.
35. Try dry-roasted edamame or chick peas for a crunchy, high protein snack instead of chips or crackers.