

You are a Dabblers.

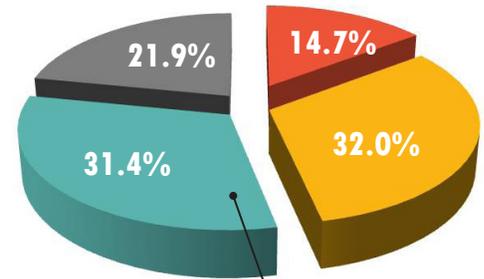
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DABBLER

You'll try something natural or organic if it's on sale or offered as sample in store and tastes great but probably don't have motivation to seek out natural products on a regular basis. You may think that some natural products taste like cardboard and green cleaning supplies don't work as well as the tried and true varieties. Sometimes you may be right, but there are plenty of great products out there that are as good or better than their conventional alternatives. Make it a point to try new things when you can. Ask for samples before you buy and get recommendations from foodie friends on their favorite products.

Incorporating more natural products into your life really does make a difference. Every tiny bit helps. Here are some tips to help you move in a healthier direction. Look for products sweetened with honey or fruit juice instead of sugar or artificial sweeteners. Look for olive oil based salad dressings instead of soybean or canola oil. Bragg's has a great one and they often send out free samples from their website. Stick with butter instead of margarine stay away from reduced fat products. The regular varieties taste better and are better for you. Reduced fat products don't result in weight loss because the food manufacturers replace the fat with sugar which packs on the pounds faster. Speaking of sugar, don't opt for artificial sweeteners either. Studies show that diet sodas are associated with more weight gain even though they have fewer calories. <http://uthscsa.edu/hscnews/singleformat2.asp?newID=1539>

How focused are you on eating a healthy diet?



- Loyalists
- Supporters
- Dabblers
- Passives

Dabblers are moving toward a healthy diet but still have some room to grow.

Can Eating Healthy Make You Happier?

Percent of adoption group reporting the highest level of happiness



The good news is that people in all groups tend to see themselves as more happy than sad, but the people that are the most focused on healthy eating reported the highest levels of happiness. While I can't guarantee eating healthier will make you happier, there is a connection between what you eat and how you feel. Getting your nutrition right can have a positive effect on your mood, raise your energy level and leave you better equipped to handle stress.

Want to improve? Try these healthy swaps.

Snacks

Chips and Guacamole can be a great snack as long as the chips are healthy!

www.beanitos.com/



Soda

Check out this soda with no calories AND no artificial sweeteners!

www.zevia.com/flavors



Laundry Detergent

Swapping out your regular laundry detergent for a green one helps both you and the environment!

www.ecos.com/ecosliquid.html



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