



TRANSITIONING TO A WHOLEFOODS DIET

Eating a diet rich in wholefoods is a great way to increase our vitality as well as promote deeper rest and relaxation when our bodies need it. When transitioning to a wholefoods diet, it often takes time to make the necessary changes, but it is certainly time worth taking to ensure we lay a solid foundation that won't be easily strayed from.

Here are a few recommendations for moving away from processed/fast foods:

No pressure – The old saying 'Rome wasn't built in day' is most certainly true in this case. Don't put pressure on yourself to be perfect, but rather let yourself be and observe your relationship with the foods and the patterns of eating you are wanting to let go of. Let yourself feel how different foods impact on your body, as this awareness is a great starting point and also a good motivator to be able to make the changes you want to make.

Get inspired with new recipes – in the exception of a raw food diet, wholefoods generally take a bit of time and effort to prepare. For those who enjoy cooking this can be a great thing, but for others who aren't so keen, it's a good enough reason to give up and head for the easy fix packet or take out option. One thing you can do in this situation is to get inspired with new recipes that will keep you motivated and on track. We recommend signing up to a few recipe blogs (**ours is awesome of course**) that send out new recipes regularly or purchasing a couple of good cookbooks.

Shop in your local wholefoods store – buying from bulk foods stores that don't sell processed and packaged foods is a great way of supporting your wholefoods diet and also has a bonus effect on the environment by contributing less packaging waste in our local communities.

Combine your diet with exercise – Regular exercise and a wholefoods diet is always a winning combination when we are looking to increase our vitality and well-being. The two go hand in hand and quite often one motivates the other.

Be your own best friend – It's important that we are patient and supportive with ourselves throughout any process of change. The days of the hand held whip are so yesterday...and giving ourselves a hard time for not being perfect or 'falling off the wagon' so to speak has never worked for anyone. So, if you do have a slip up, accept it and move on. It's a natural part of the process.

Embrace the change – Really confirm the changes you are making for yourself. Enjoy how good your body feels when you make better food choices and are exercising regularly, and don't be afraid to flaunt it!

You might also like to read about our [Top 5 Wholefoods To Support Anxiety](#)