We all look for the easiest and quickest steps to prevent and fight disease and hope that we make the right choices. Believe it or not, what you choose to eat and what you choose not to eat can make an impact on how you feel today, tomorrow and in the future. Most people know that making the right food choices can help prevent heart disease, diabetes, arthritis and strokes. However, did you know that better foods can help you sleep, improve your mood and even relieve your constipation? Minor changes can have a big impact. You might even enjoy trying new foods. Nutrition can be confusing, but it doesn't have to be. Follow these simple steps to healthy eating.

How to make the first steps to eating healthy

1. Choose plants first

Foods that grow in the ground offer the best nutrients to support your body’s health. By adding an extra vegetable, bean or fruit to your plate, you get extra nutrients and fiber. Studies show that when eating processed foods you tend to eat more calories and gain more weight.

2. Cut back on salt

The American Heart Association reports that we eat double the recommended amount of sodium per day. Extra sodium intake can cause high blood pressure, known as “the silent killer.” Many add salt to food before even tasting it. Try substituting salt for herbs, spices and seasonings such as ginger, turmeric, chili peppers, lemon and lime to add flavor.

3. Increase fiber

Foods containing fiber reduce your risk for chronic diseases and help maintain a healthy digestive system. Boost your intake with whole grains, fruits, vegetables, beans, nuts and seeds.

4. Learn how to read a food label

Get past all of the marketing and learn the truth. Learning how to read a food label will help you make the best choice.

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison. - Anne Wigmore