80/20 RULE

WHAT IS IT, AND WHAT DOES IT MEAN?

Following the 80/20 rule means you eat "clean" foods 80% of the time and treat yourself 20% of the time. This isn't a diet or weight loss tool. The 80/20 rule creates a more balanced diet and healthy lifestyle by teaching moderation while avoiding feelings of guilt.

WHAT TO EAT

Compliant

- Whole grains
- Fruits and vegetables
- Lean proteins
- Omega-rich seafood
- Low-fat dairy products
- Healthy fats
  (i.e. nuts, seeds and olive oil)

Non-Compliant

- Excessive saturated fats
- Excessive refined carbs and sugar
- Excessive alcohol
- Excessive processed foods

Pros

- Easy to follow
- Encourages healthy habits
- No calorie counting
- No off-limits foods
- No deprivation

Cons

- Challenges self-control
- Doesn't work for everyone

HELPFUL TIPS

Don't overindulge.

Even when you're enjoying your 20% of relaxed foods, remember moderation. "Relaxed" doesn't mean you should throw mindfulness out the window.

Avoid punishing yourself.

Enjoy your 20%! Feeling guilty about not-so-healthy foods creates unsustainable expectations for yourself. Remember that you deserve a treat every now and then, without feeling negative about it.

Remember portion control.

Paying attention to portions is still necessary when eating whole foods. Overeating any food, even healthy food, can lead to weight gain.

Keep moving.

If you participate in a balanced exercise program where you're physically active most days of the week, the 80/20 rule is perfect for you. The physical activity helps to balance out extra calories consumed.

BOTTOM LINE

The 80/20 rule is more sustainable and can be a long-term solution for some people.

Regardless of weight loss, you will feel healthier overall and may lower your risk for conditions such as heart disease, high blood pressure and diabetes.

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