Listen to how you feel physically after eating the food you choose. Your body will tell you what works for you and what doesn't. Something might look great but make you sleepy or hurt your stomach or cause your blood sugar to drop quickly. It's important to weigh all of these things and not just go simply for the needs of your taste buds.

After you've eaten, ask yourself:

-How did my body feel after eating this? Did I like this feeling?

-Were there any ill effects from my meal? {gas, heartburn, stomachache, headache, tiredness, etc}

-Did I feel more energy after eating?

-Did I feel sufficient from my meal/food? Did this hold me long enough or cause me to get hungry again quickly after?

-In general, what are some eating patterns that work well for me, and how could I make some adjustments?
    -would I choose to eat in this manner again?