

Nutrition Tips

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Rules of Healthy Eating ***Lifestyle Change:** Make a lifestyle change not just a diet that you will gain your weight back. ***Eat Clean:** Proteins such as egg whites, chicken, lean-meats, turkey, fish, and protein powders. ***Eat**
 carbs such as oatmeal, sweet potatoes, brown rice, beans and whole wheat. **Fruits and Veggies.** ***Eat**
 Avoid processed and refined foods. (sugar, white flour, boxed foods) ***Keep Portions Small:** Eat 5-6 meals a day to speed up metabolism. Proteins should be about the size of your palm or 4-6 oz.
 size of your hand cupped or ½ cup **Veggies can be unlimited amount.**
 Your body needs fuel so when you don't eat enough or skip meals your **body goes into**
 and slows your metabolism. ***Good Fats:** Keep fat intake low but include "healthy" fats such as olive
 or natural peanut butter **Avoid saturated and trans fats.**
***Drink Water:** **Avoid drinks with sugar this includes the natural fruit juices.** ***Prepare Meals:** **Make sure**
 and prepare meals ahead of time so you stay on track. Remember diet is 80% of what it takes to get the body you want.
 The other 20% is training and genetics. In order to lose weight you need to create a calorie deficit. To do this you need to
 lower your calories your body needs to maintain your weight by 15-30%. If you add in cardio you will create a bigger
 deficit and will lose even faster. Keep in mind to add muscle and to keep your metabolism going fast you can't drop
 calories too much. It is definitely a balancing act. If you want to lose weight and become healthier then you can't
 take shortcuts you have to make it a lifestyle change. Since changing my diet I feel better, look better, and am healthier
 than I was before. This is a way of life for me and I could never imagine going back to eating the way I used to.