

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. 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. Veggies can be unlimited amount. size of your hand cupped or ½ cup 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.