

SIMPLE NUTRITION GUIDE

DAILY RECOMMENDATIONS:

Fruits & Veggies

- Eat them! 40%-50% of your diet should be fruits and veggies

Fats

- Fats should be about 30% of your daily consumption
- Try to pick the "mono and poly-unsaturated" fat and steer clear of things labeled "saturated" or "trans-fat"

Water

- Consume half of your body weight in ounces daily
- Example: If you weigh 150 lbs., you should be drinking 75 ounces of water daily
- If people want a miracle drug...water would be it!
- Water increases the amount of calories your body burns and is needed for all bodily functions
- Add one extra glass of water for each cup of coffee or each glass of alcohol you consume

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Protein

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Eat a high-protein breakfast to stay fuller longer. 20g - 30g would be perfect
- You should aim for 0.5g (sedentary) - 1g (very active) of protein per pound of ideal body weight. Example: 140 lb. active woman should aim for 70g - 140g of protein per day.

Fiber

- Fiber is a type of carbohydrate that the body can't digest. It helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check.
- The recommendation is 25 grams for women and 38 grams for men per day from whole grains, fruits, and veggies. It helps you feel full longer which is a great benefit when trying to lose weight and will help control cravings

Whole Grains

- It is recommended that you make half of your grains consumed, whole grains.
- Whole grains contain nutrients that boost the immune system, help reduce the risk of heart disease, and are an important source of nutrients including dietary fiber, B-vitamins, and minerals.

* Please check out the United States Department of Agriculture Dietary Guidelines at www.choosemyplate.gov for recommendations, tools, recipes, and personalized support.

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WHEN TO EAT:

Pre-Workout

- Eat 1-2 hours before activity
- The food should be relatively high in carbohydrates to maximize blood glucose availability, low in fiber to minimize gastrointestinal distress, moderate in protein and well tolerated
- Example: Greek yogurt with raspberries or peanut butter with banana slices on wheat toast

Post-Workout

- Eat within 30-60 minutes
- An abundance of carbohydrates accompanied by protein
- The carbs replenish the used-up energy that is normally stored in the muscles and liver
- Protein helps rebuild the muscles that are fatigued with exercise
- Example: 3 oz. grilled chicken breast with a side of broccoli and rice or vegetarian chili

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WHAT TO CHOOSE:

- When you are trying to eat healthier, think addition first. Add more of the things you love and you know are healthy for you. For example, if you love broccoli, try to find some new recipes and cook it in a different way. You always want what you can't have. If you start with deprivation, you will develop a harsh relationship with food. Deprivation is the pits!! Allow yourself to relax and enjoy your favorites **now and then**. Try to use food as fuel and not as a crutch. Life is about choices and balance. Live on!
- If you are starving, you are more likely to eat more than you actually need at your next meal. Choose organic when possible, especially on fruits and vegetables where you consume the skin or peel. Make sure to snack throughout the day with healthy choices such as:

SIZE REALLY DOES MATTER:

- **Jenn's Advice:** When you eat out, ask for a doggie bag before the meal comes and cut your meal in half before you eat. Serving sizes in restaurants are 3x the portion size we actually need and studies have shown that "if you see it...you eat it". Save the other half of your meal for the next day. Get your money's worth and eat only what you need. Always ask yourself these four questions before you put anything in your mouth:

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AM I REALLY HUNGRY RIGHT NOW?

IS EATING THIS HELPING ME REACH MY GOALS?

HOW MUCH OF THIS DO I NEED TO SATISFY ME?

IS THERE A WAY THAT I CAN MAKE THIS A HEALTHIER OPTION?

Your body does not know the difference between hunger and thirst. If you are unsure if you are really hungry, drink a glass of water first. If you are still hungry after that, choose a healthy snack to munch on with a portion size to fit in the palm of your hand to start.

PORTION SIZE RECOMMENDATIONS: **(According to the National Health and Blood Institute)**

- Grains: Size of your fist = 1 cup of pasta or rice or half a bagel
- Tennis Ball: 1 cup of salad or 1 serving of fruit/veggie
- Large Egg: 1/4 cup of nuts
- One domino: 1 serving of cheese
- Tip of your thumb: 1 teaspoon of peanut butter, dressing, oil, butter, cream cheese
- Deck of cards: 1 serving of fish, poultry, meat (3 oz.)

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SAVOR THE FLAVOR

Jenn's Advice: It's not about getting crazy with counting calories or macros, it's about adding color (fruits, veggies - TASTE THE RAINBOW), adding variety, trying new things, and being balanced. We all know that an apple is better than an oreo. But if you choose the oreo, eat three instead of the whole entire package! Savor those oreos and take your time being mindful about them. You don't have to deprive yourself of the foods you love...just make better choices . Add foods that are whole and clean and try to avoid food that comes in a package. Remember... you love these packaged foods for a reason. They have chemicals that make you want to come back for more. The "feel good" chemicals only last an hour or less. Was it really worth it?

MAKE SMALL CHANGES

Jenn's Advice: There are a lot of diets, supplements, and nutrition programs out there. It can be extremely overwhelming. We live in America and this is real life! Here is my simple observation: Making small changes (like eating breakfast in general or adding an apple to your day) can make a world of difference. Focus on what you can realistically change and try it out. Experiment and find what works for you. Listen to what your body is telling you. Small changes done consistently will yield results that last a lifetime. It is always more simple than you think. You don't need a special program or diet plan. You just need daily awareness with what you are putting into your body. Start eating more mindfully and you will start to feel better. It is as simple as that!

***Visit the Environmental Working Group, an American activist group that specializes in research and advocacy in the areas of agricultural subsidies, toxic chemicals, drinking water pollutants and corporate accountability at www.ewg.org.**

*** Don't forget to consult your physician if you have any questions or concerns.**