

Simple Nutrition Rules to Live By

Eating better doesn't have to be complicated! Follow these simple and easy nutrition tips and you'll be on the right road towards a healthier lifestyle.



- Choose whole foods more often: fruits, veggies, whole grains, and high fiber carbohydrates vs. heavily processed food products.
- Eat a rainbow often: don't eat the same fruits and vegetables daily. Make it a habit to try something new and different!
- Include a lean protein source with each meal. These include: lean cuts of red meat, turkey, chicken (no skin), low-fat cheese and dairy products, beans, legumes, tofu, and eggs.
- Eat healthy fats. These would include olive oils, nuts, fish and avocados.
- Eat breakfast EVERY day! No excuses. Something small is better than nothing.
- Eat smaller portions more often: Dividing your calories between 3 meals and 1-2 snacks can help boost your metabolism, keep you filling full and prevent overeating.
- Stay hydrated! Choose water over sodas and coffee to save calories and optimize your performance.
- Don't waste your workout - have a post-workout recovery meal involving a lean protein and complex carbohydrate.
- Supplement wisely - fuel first through foods, supplement second! Choose to eat a diet that is well rounded and varied; take that multivitamin as an insurance policy.
- Sleep - aim for 8 hours of sleep per night. Doing so will leave you feeling well rested and help you to make better food choices each day.



Want more information?

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