

Top 5 Healthy Nutrition Habits to practice!

- 1- Drink more water. A good goal is to drink ½ your body weight in ounces of water
- 2- Keep a good supply of ready to eat or easily prepared fruits and vegetables. (apples / baby carrots / bell peppers / mandarins / berries / grapes)
- 3- Spend one minute the day before planning at least one meal for the next day. (plan a well balanced, nutritious, delicious meal. It's not that hard!
- 4- Cut down on high sugar foods, fried foods, fatty animal meat and dairy, (2% and higher fat dairy), and alcohol.

Here is a list of foods to avoid as often as possible:

Soda	candy	juices	baked sweets
Any marbled meat	all fried foods	ice cream	hard cheeses
Beer	wine	mixed drinks	chips

- 5- Consume nutrient dense foods. Nutrient density is a measure of the amount of nutrients a food contains in comparison to the number of calories. A food is more nutrient dense when the level of nutrients is high in relationship to the number of calories the food contains. By eating nutrient dense foods, you'll get all the essential nutrients that you need for optimal health, including vitamins, minerals, phyto-nutrients, essential fatty acids, fiber and more for the least number of calories.

Here is a grocery list of some of the healthiest (nutrient dense foods) we like:

Fruits: Apples, bananas, blueberries, black berries, cantaloupe, grapefruit, grapes, kiwis, lemon/limes, oranges pears, raspberries, strawberries

Vegetables: asparagus, avocados, bell peppers, brussels sprouts, carrots, cauliflower, cucumbers, green beans, kale, mushrooms, olives, onions, spinach, squash, tomatoes, yams.

Nuts and Seeds: Almonds, cashews, flaxseeds, peanuts, walnuts.

Grains: barley, brown rice, buckwheat, corn, millet, oats, quinoa, rye, spelt, whole wheat

Eggs and low fat dairy: skim or part skim dairy- low fat cottage cheese, mozzarella, egg whites

Poultry and lean meats: Beef 93% lean or leaner, chicken breast, turkey breast, lamb, venison

Seafood: Cod, halibut, salmon, scallops, shrimp, tuna