

Top 10 Nutrition Tips

Here are some easy tips for my clients as they embark on their fitness and nutrition goals. Keep on moving fit-nuts!!

1. **Be Consistent.** Eating a regular meal plan which includes breakfast, lunch, dinner, and snacks every day can keep your metabolism high and your energy levels consistent.
2. **Keep the Carbs.** With all the buzz on cutting carbs, it is not recommended for individuals who are active and always on the go—keep your energy high with complex carbs such as breads, cereals, and grains—whole wheat and/or whole grain of course!
3. **Protein Power.** So often I see too little protein in the meal plans of active females! Great protein rich snacks include cheese strings, trail mix, and cottage cheese.
4. **An Antioxidant a Day....** Yes, with daily antioxidant-rich foods, you CAN fight disease and illness. Keep colorful fruits and vegetables in your meal plan and of course CHOCOLATE—the darker the better! (try not to go overboard!)
5. **Mmmm Milk!** The nutrients from milk products can help build muscle and bone, as well as maintain healthy body weights. If you are not getting at least 3 servings a day, you may want to seek out a good calcium supplement.
6. **Live Guilt Free.** Don't fret over a "bad" junk food day—get right back on track the next day.
7. **Don't Skip Meals.** Gaps greater than 4 hours between eating can lead to cravings and low energy levels.
8. **Vegetarian for a Day?** Another challenge—I dare you to go meatless once a week- for the whole day! Bean dishes such as chili, soups, and casseroles can still give you enough protein for the day and add fiber and minerals to your nutrient intake.
9. **Water Ways...** Keep water an important nutrient. While working out, we recommend ½ cup per 30 minutes of expenditure.
10. **Enjoy the Process.** Have lots of fun and AVOID focusing on measurements from the scale—they are not a true measure of success.

*Yours in Health and Wellness,
Lindy Kennedy, MSc, RD*