

4 EASY NUTRITION TIPS

EMBRACE THE "KNOW YOUR FOOD" PHILOSOPHY

Adopt a simple rule: if you can't readily identify the ingredients on a label or if the list is a mile long with unfamiliar chemical names, it's likely heavily processed. Prioritize foods where the ingredients are recognizable, whole components like fruits, vegetables, grains, and lean meats. This approach naturally steers you towards nutrient-dense options and away from excessive additives, unhealthy fats, and added sugars often found in processed items.

START SIMPLE AND GRADUAL

Overhauling your entire diet can feel overwhelming. Instead of an abrupt switch, focus on making small, sustainable changes. For instance, swap a processed snack for a piece of fruit, choose whole-grain bread over white bread, or opt for a home-cooked meal with fresh ingredients a few times a week. These gradual adjustments allow your taste buds and habits to adapt, making the transition feel less restrictive and more achievable in the long run.



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TUNE IN TO YOUR BODY'S SIGNALS

Relearn the difference between genuine hunger and eating out of habit or social pressure. Processed foods are often designed to be hyper-palatable, leading to overeating even when you're not truly hungry. Pay attention to your body's natural hunger cues and eat when you feel genuinely hungry, not just because it's a designated mealtime or because others around you are eating. This mindful approach can help regulate your intake and prevent unnecessary consumption of calories and processed ingredients.

PRIORITIZE WHOLE, SINGLE-INGREDIENT FOODS

Focus your grocery shopping on the perimeter of the store, where you'll typically find fresh produce, meats, dairy (if you consume it), and minimally processed items. Build your meals around these whole, single-ingredient foods. When you're preparing meals, think about combining these basic building blocks – vegetables, a source of protein, and a whole grain or healthy fat. This naturally limits your intake of preservatives and artificial ingredients, as you are in control of what goes into your food.



ESSENTIAL NUTRITION

Protein

Proteins are the building blocks of the body. It is also present in every cell from bones to skin to hair.

Carbohydrates

Carbohydrates are essential for a healthy body. It fuels the nervous system and the brain and protects against disease.

Fats

Fat is important for the body because it acts as a barrier to the absorption of vitamins and minerals, blood clots.

Minerals

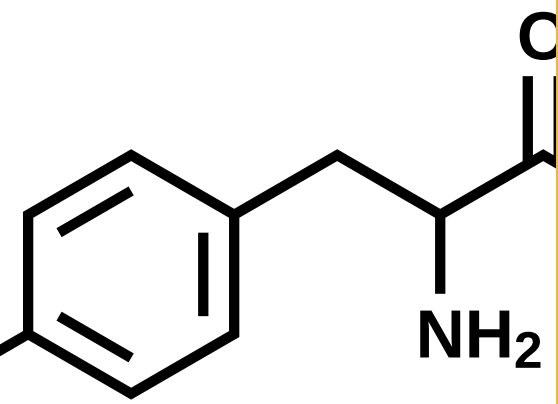
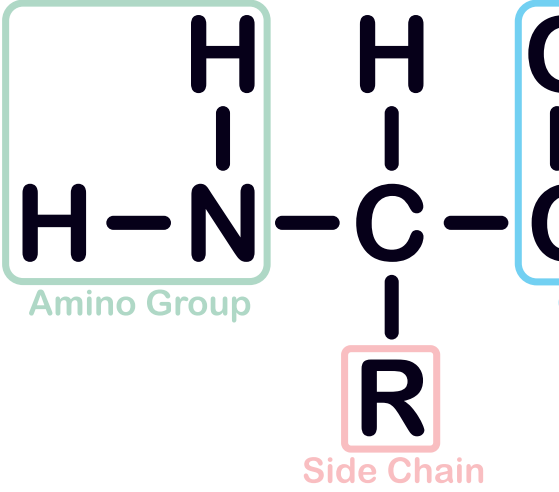
Minerals are very important for the body. It plays a role in building strong bones and teeth.

Water

Most of the body weight is water. It is a very important element for any function of the body.

9 ESSENTIAL AMINO ACIDS

THAT OUR BODIES CAN'T PRODUCE



Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

