

## NUTRITION RULES

- 1. The “80/20” Rule-** If you don’t give yourself a break once in a while you will fall off your diet program. Be diligent 80% of the time and give yourself a treat for the remaining 20%. (Example: one beer, a glass of wine, small dessert, etc) Remember to regain your focus if you have the occasional indulgence. A good rule of thumb is to eat well throughout the week and weekends can be your indulgence. (Example: Eat healthy Sunday-Thursday. Treat yourself on Friday and Saturday)
- 2. The “Rule of Whites”-** Avoid white sugar, flour and rice. Limit salt intake to mineral or sea salt. These substances have little to no nutritional benefit and actually may strip your body of vital nutrients. Strive to eat whole grain, brown rice, sea salt, and stevia type sugar. Learn to read labels. Not all Stevia is created equal.
- 3. Eat Protein with every meal-** Our bodies and muscles need protein for fuel and metabolic activity. We should have a minimum of 20 grams with each meal.
- 4. Portion control-** The American Diet is out of control, especially the “Everything is bigger in Texas” size portions. Start focusing on eating smaller portions of better foods. If you go out to eat, get in the habit of splitting a meal with a friend or taking half of it home.
- 5. You NEED Water-** Most of us walk around dehydrated. Water helps us detoxify our body. Adequate water intake also reduces overeating. Some of our hunger cravings could actually be thirst. Divide your body weight (lbs) by 2. That is the amount of ounces you should consume daily.
- 6. Journal your calories and exercise-** If you make an effort to record what your intake is on daily basis then you are less likely to make poor choices. There are so many Apps for our smart phones to help make this easier. After you have recorded your calories and exercise daily for at least 3 months, you will develop a habit of eating healthier and exercise regularly. After 3 months, you may not need to keep journaling when it has become a way of life.
- 7. Exercise-** You will not achieve your weight loss goals or attain optimal health without exercise. Start slow. Strive for 40 minutes of exercise 5 days a week. Find something fun or buddy up with a friend to increase your focus and success. Accountability helps.
- 8. Avoid processed food-** You should stay away from foods that contain MSG (monosodium glutamate), partially hydrogenated anything, genetically modified (GMO), high fructose corn syrup, etc. The more lean meats, fruits and raw vegetables you can eat the better. A handful of almonds are a great snack to satisfy cravings between meals.
- 9. Smoothies-** A great “on the go” meal. Remember it is a meal replacement and should not be consumed with a meal. There are tons of these on the market, but beware of high carbs, fructose and calories.
- 10. Sit at a table for each meal-** Try to avoid eating on the go. Avoid drive through eating. When you sit at a table for a meal, it is usually planned and you are more likely to eat healthier.