Email #15

Complementary Blog Post: Discover the Types of Nutrition You Need in Your Diet

Subject: 6 Healthy Nutrition Tips

There are a lot of people that don’t know what proper nutrition is or what it looks like. Eating whatever they want whenever they want. They think that they don’t eat that much or unhealthy – when the reality is that they don’t look at labels or know what ingredients they are eating.

Here are X health nutrition tips to help you figure it out if you’re confused.

1.Eat whole fruits this can be fresh, frozen, dried or canned. Fresh would be the best, but the others will give your body what it needs. Be careful with dried and canned. Dried is a great one, but not if it is loaded with extra sugar. This also goes for canned. Make sure the the fruits are being stored in 100% juice.

2.Whole grains are better for you, so make sure to eat at least half of your grains in whole grains. This could include whole wheat breads and pasta. More whole grains would be oatmeal, brown rice and air popped popcorn.

3. Get less sodium in your diet. This means you’ll have to check out the labels on your food. Compare them to the low sodium, reduced sodium and no salt added of the same products. Pre-packaged food has so much sodium, so make an effort to pick ones that have less.

4. Make most of your plate full of fruits and vegetables. When you eat more fruits and vegetables you are going to be healthier. One way to do this is to fill your plate with product and make them your priority not the carbs and protein.

5. Eat more nuts and seeds. You might be surprised to learn that nuts and seeds are great for you. They are a healthy fat that have tons of benefits. You can add them to your yogurt, your salad or eat them as a snack. Be careful because nuts are full of calories as well.

6. Use a smaller plate for your meals. Most people overeat because they do not know what a portion size looks like. Or they eye ball what they think is supposed to be a serving. The problem with this is the fact it never works. Food is more compact than you realize and what you might consider one serving is in fact two or three portions.

If you’d like to learn more about nutrition – check out this article on the blog.

LINK

Being more conscious with your nutrition is a great habit to get into. Know what is good for you and what you should limit. Moderation is key.

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