Email #14

Complementary Blog Post: 4 Major Health Reason You Should Know the Importance of Nutrition

Subject: 5 Simple Ways to Improve Your Nutritional Habits

Hi [firstname],

Changing your nutritional habits doesn’t have to be an all or nothing type of approach. You can easily change your habits with one small thing at a time. The small habits will not seem as hard to overcome as the big ones. Then eventually these small habits will snowball.

This snowball effect does take time and effort on your part, but is well worth the effort. Remember that even if you have a bad day – that doesn’t mean you can’t do it. It means that you are human and you can try again tomorrow. So don’t give up.

Here are 5 Simple Ways to Improve Your Nutritional Habits:

1.Don’t Skip Meals

This tip might seem counterproductive, but the truth is if your body believes that you’re trying to starve itself it will start storing your fat. You don’t want this. So even if you don’t feel like eating grab a light snack or meal.

2. Brown Bag Your Lunch

When you come prepared to work with your lunch you’re less likely to hit the local restaurant when noon comes around. This will help you eat less calories. You’ll know exactly what has been put in your food, so there are no hidden calories.

3. Eat Lean Protein

Protein plays an important part in you diet. Unfortunately most people eat the protein with the most calories and fat. Try switching to lean meats. This can be gradual. One way is to start adding half ground meat and half ground turkey.

Once you’re used to that try another type of lean meat in your diet like skinless chicken breast or pork tenderloin. Make these your primary protein instead of the fatty type of meat.

4. Drink More Water

Your body is made up mostly of water and by drinking more you’ll be hydrating all the important organs. This is essential for anyone that wants to live a healthier lifestyle.

5. Add a Fruit or Vegetable to Every Meal & Snack

Including fruits and vegetables might take a little time getting used to, but the recommended daily amount is 7 to 10 servings daily. This sounds like a lot, but if you include a small piece of produce at each meal or snack it won’t be overwhelming.

Produce has so many health benefits that you’ll start to notice a difference in the way that you feel once you add them to your diet.

It doesn’t have to be hard. If you eat yogurt for breakfast, add some blueberries on the top. For lunch cut up a bell pepper and snack on that. Dinner cooking methods are some of the easiest ways to get vegetables in your diet. You can grill, bake, steam, roast, boil or eat fresh.

Not sure why you should care to make changes to your eating habits? Take a look at this article from the blog on health reasons to know why nutrition is important to you.

LINK

Start with one of these tips and then move on to the next one once you’ve established a habit with the first habit. This is a lifelong journey and you don’t have to rush it. Make improvements daily.

[Sign off]