

5 Easy Nutrition Tips for Healthy Living

Rather than allowing for old habits to creep back in, try to focus your nutrition on the health benefits you will receive from eating well rather than placing all of the focus on aesthetic goals. By focusing on your long term health, you will be more likely to stick to your healthy habits. Below you will find simple nutrition tips that will help you get back on track and making nutritious healthy options.

1. Fill up on vegetables

Vegetables are a low calorie/high volume food. This means you can eat a lot of vegetables without consuming a lot of unwanted calories and y because they take up a lot of room in your stomach. When eating adding sauces and oil, which will add more total calories to you or steamed vegetables when possible.



2. Take it easy on the fruit

While fruit is a great source of fiber and natural sugar, some people tend to go overboard and eat too much. In turn, this keeps sugar and carbohydrate intake sky high. Rather than ditching fruit all together, try pairing one piece of fruit with almond butter, nuts or a source of lean protein.

3. Be wary of nutrition/protein bars

While the marketing on most of these products claim these bars are the healthy alternative, most of these bars are high in fat, carbohydrates and artificial preservatives. Some of these health bars also pack a similar nutritional punch as a traditional candy bar. Do not allow yourself to be fooled! Read the label and check out what is really going into these products before you snack on them daily.

4. Up the protein

If you feel like you are constantly hungry, try adding a bit more protein to your meals. When ordering a dinner salad, order a serving of lean protein to be placed on top to help you fill up and stay full. Also try eating the protein portion of your meals before having the side items which are usually higher in carbohydrates and fat.

5. Drink more water

Water aids your body in digestion and keeps your skin looking youthful and hydrated. On days where you are training or outdoors for a period of time, be sure to consume extra water. Drinking 12 ounces of water before your meal will also fill up y stomach and may prevent you from overeating.

Try incorporating a few of these nutrition tips into your daily routine. Small can add up to great health benefits on the long run. Take care of your body order to prepare for a healthier future!

