

# NUTRITION TIPS

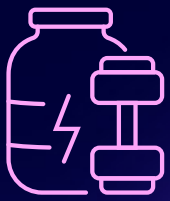
Top Tips to Improve Your Intake & Overall Health



## LISTEN TO YOUR BODY

### Listen to Your Body's Natural Cues

Eat when you're hungry, stop when you're full. It takes 20 minutes for your body to recognize that it is full. Slow down and eat mindfully while also paying attention to how you feel.



## PRIORITIZE PROTEIN

### Not All Calories are Created Equal

Not only does protein keep you fuller longer, it also aids in muscle repair, spares muscle breakdown, and is more "metabolically expensive"- meaning it requires more calories to digest and adds to overall TEF (thermic effect of food).



## ADD IN 5 SERVINGS OF VEGETABLES DAILY

### More Vitamins & Nutrients

Increasing vegetable intake will naturally increase the amount of Vitamins and Nutrients your body receives. Pick different varieties & colors!



## DRINK YOUR WATER

### Increased Water Intake, Improved Function

Consuming enough water is important! We often mistake thirst for hunger - staying hydrated will control appetite, flush out toxins, aid in fat loss, and help to optimize workouts!



## GET YOUR SLEEP

### Get Your Zzz's, Regulate Appetite

Proper sleep helps regulate hormones that control appetite, prevents overeating, and helps optimize metabolism. Lack of sleep causes the body to crave more sugar (carbs), fat, and salty foods.



## AVOID PROCESSED FOOD

### Reduced Consumption, Improved Overall Health

Processed foods are stripped of nutrient and have an excess of sugar, salt, and preservatives. Avoiding processed foods will assist in more energy, weight loss, skin & beauty benefits, stronger immune system, and a happier mood.



## LIMIT SUGAR INTAKE

### Detox from Excess Sugar for Improved Health

There will be a natural 2-5 day detox, but then you will benefit from reduced cravings & mood swings, reduced risk of heart disease, reduced inflammation, and improved energy & focus.

*Bod by Bree*