

7 WAYS TO IMPROVE YOUR NUTRITION INSTANTLY



Chrissy Barth



Nutrition Lifestyle
EDUCATION

7 Ways to Improve your Nutrition Instantly

#1 Cultivate Mindfulness.

Incorporate mindfulness into your lifestyle by being more present in your everyday. Mindfulness has recently become a buzz word in today's mindless world. By being mindful, we see things as they really are without the cloud of feelings and judgment. Mindfulness is being aware of your thoughts, emotions and physical sensations in the present moment. With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. Mindfulness promotes balance and acceptance of what is.



As an overweight and stressed world, many people choose food to deal and/or numb their emotions, thus being mindless. When it comes to practicing mindfulness with food and nutrition, we use all of our senses by choosing to eat food that is both satisfying and nourishing to our bodies and brains without judgement. We are also able to become aware of our physical hunger and satiety cues to help guide us in decisions to begin and end eating. When we practice mindfulness, we become more present and grateful human beings. Being aware of mindfulness is the first step.

#2 Eat Clean-er.

The latest buzz word among health-conscious consumers is the philosophy of “clean eating.” Clean eating is a concept that emphasizes nutritious, whole, unprocessed foods. This sound eating approach is what I encourage people to incorporate into their lifestyles.



Eating and living well maximizes your energy and optimizes your health, making it a lifestyle that includes built-in flexibility.

Since I do not believe in deprivation, my nutrition motto is and always will be “80-20.” Eighty percent of the time, I encourage people to choose nutrient-rich foods like whole grains, fresh fruits and vegetables, low-fat dairy products, lean proteins, and heart healthy unsaturated fats. For the remaining 20 percent, I believe people should enjoy the foods they love, which may not be as nutritious as other foods. When people deprive themselves of the foods they enjoy most, it often leads to overeating, yo-yo dieting, and ultimately an unhealthy relationship with food.

Below are some of my simple tips to eating clean-er. My hope is that you will adopt a few of these tips at your next grocery store outing.

Tip One: Limit processed foods found in many pre-packaged foods.

Tip Two: Limit refined sugars with the exception of honey and agave nectar.

Tip Three: Limit artificial sweeteners.

Tip Four: Choose more whole grains and limit the refined ones - white anything.

Tip Five: Focus on plant proteins such as tempeh, edamame, beans, lentils, seeds, and nuts, especially almonds and walnuts. If you like peanuts, make sure to buy organic whenever possible since peanuts are heavily pesticided.

Tip Six: Eat 2-3 fish meals a week, especially omega-3-rich wild salmon.

Tip Seven: Eat 2-4 servings of fruit and 5-9 servings of non-starchy veggies daily. When buying produce, go for a rainbow of color offering an array of powerful antioxidants.

Tip Eight: Choose organic whenever possible, especially anything derived from an animal.

Tip Nine: Hydrate! Drink at least 8 cups of plain water throughout the day. Add a lemon wedge to aid in healthy digestion.

Tip Ten: Limit fast food.

Tip Eleven: If you drink alcohol, due so in moderation, which is up to one serving a day for women and up to two for men.

Tip Twelve: Supplement smart with a high quality daily multivitamin-mineral that best meets your individual needs.

#3 Hydrate.

If you find yourself thirsty, you may already be dehydrated. Dehydration symptoms include urine that is dark yellow like the color of apple juice and scanty (a red flag for having a concentrated level of toxins in the body). However, certain vitamin supplements cause urine to be dark; in that case, volume is a better indicator. Some other symptoms of dehydration include headaches, tiredness, and dizziness.



Active adults need 8 cups or more a day. 80% of our total daily fluid intake comes from beverages while the remaining 20% comes from foods with a high water content including fruits, vegetables, soups, and popsicles. Some fruits and vegetables with the highest water content include strawberries, watermelon, grapefruit, cucumbers, lettuce, celery, and tomatoes.

When exercising in a moderate climate, you lose about a 1-2 quarts or 4-8 cups (2-4 pounds) of fluids per hour of exercise, depending upon your size and sweat rate. If exercise is more intense and the environment is more extreme, fluid losses will be greater. Therefore, a 150-pound person can easily lose 2 percent of his/her body weight in fluid (about 3 pounds) within an hour.

When exercising, plain water is fine for the first 60 minutes, but after the first hour, it is best to choose a sports drink such as Powerade, Gatorade, or coconut water. These types of beverages help prevent dehydration and cramping, keep energy levels high, and improve performance. When choosing a sports drink, choose one that is 4-8% carbohydrate or 40-80 calories per 8 ounces with 100-170 mg sodium. Beverages with a higher carbohydrate content such as soda and fruit juice are too concentrated and therefore delay absorption and can also lead to gastrointestinal problems.

Three hydration tips:

1. Carry a water bottle with you at all times, especially for on-the-go hydration.
2. Choose foods with a high water content such as fruits, vegetables and low-fat milk and yogurt.
3. Monitor your urine (odor, volume and color) and frequency of needing to use the restroom.

#4 Limit Chronic Inflammation.

We are bombarded with inflammation daily and for this reason, it is imperative that you limit the effects of inflammation as much as possible.



Chronic inflammation is your body's confused and damaging immune response to an environmental, physical, and/or mental invader, which comes in the form of things such as poor nutrition, toxic chemicals, stress, poor sleeping habits, and exercise without adequate recovery time and nutrition.

To help prevent chronic inflammation, keep these tips in mind:

Tip One: Be mindful of your consumption of industrial vegetable oils such as corn, soy, cottonseed, sunflower, and safflower found in many processed and packaged foods. Limit partially-hydrogenated vegetable oils (a.k.a. *trans-fats*).

Tip Two: Eat traditional saturated fats and limit your consumption to 10% of your total daily caloric intake. For example, “put one small pat of butter on your dinner roll rather than a dinner roll on your stick of butter.” Unrefined coconut butter and coconut oil are great substitutions for typical butter as coconut tends to be burned off immediately as an energy source.

Tip Three: Refined sugar is fine in moderation, but aim at eating less. Refined sugar is found in sweets, desserts, and soda.

Tip Four: Eat and drink nutrient-rich.

-Green leafy vegetables such as kale and spinach, beans, berries, apples, grapes, green tea, nuts and dark chocolate

-Spices: curry, chili pepper, ginger, garlic and cinnamon

-Grains and Legumes: lentils, chick peas, brown rice, wheat germ, oats and quinoa

-Protein: poultry, fish, grass-fed bison, venison and other game meats and eggs

-Water

Tip Five: Eat fermented foods such as yogurt, kefir, sauerkraut, kim chi, and kombucha as they contain vitamin K2, a vitamin that assists calcium deposits in bones and teeth and prevents calcium deposits in the arteries.

Tip Six: Supplement wisely with omega-3 fatty acids for brain and heart health. The recommended dose for most people is 1,000 mg daily (500 mg from EPA and 500 mg from DHA).

Tip Seven: Move more. Incorporate physical activity most days of the week for 30-60 minutes a day. Exercising outdoors is great for psychological benefits and exposure to the sun for natural vitamin D.

Tip Eight: Maintain a healthy individualized weight and body composition.

Tip Nine: Hydrate! Hydrate! Hydrate! You know the drill.

Tip Ten: Manage stress, enjoy life, and strive for optimal sleep. Aim for 7-9 hours of sleep a night. Sleep helps keep the stress hormone, cortisol, at bay.

Obtaining less than six hours of sleep a night (or more than 9 hours) puts you in

the danger zone. When you're always tired, you age faster and your body has a tougher time recovering. Sleep is also beneficial for learning and memory, helps boost metabolism and mood, is necessary for a healthy heart and brain, and decreases the risk of disease and injury.

A few tips to help improve your sleeping habits include the following:

- Dim the lights an hour before bedtime. This mimics sunset. Smack in the middle of your brain is something called the pineal gland. It releases melatonin, the hormone that readies the mind and body for sleep in response to lowered light levels.
- If you're still awake after fifteen minutes, get up and do something quiet, like reading a book or meditating. No internet, no television, and no exercise. You have to let your body and mind slow down to be able to slip into sleep. If you just lie there thinking about how you're not sleeping, you'll never sleep.
- Make a conscious effort to wake up at the same time every day. An hour extra on weekends is fine, but if you wake up at seven every morning during the week and then sleep until ten on weekends, you're effectively giving yourself jet lag.

#5 Eat your Fruits and Vegetables

Nature's powerhouse are fruits and vegetables - fresh, canned or frozen. The average American consumes only three servings of fruits and vegetables a day. Yikes! Fruits and vegetables provide fiber, potassium, and antioxidants including vitamins A and C. The roles of these nutrients include lessening and preventing inflammation, optimizing our immune system,



increasing our energy levels and decreasing the risk of disease. The latest dietary guidelines call for five to thirteen servings of fruits and vegetables a day (2½ to 6½ cups per day), depending on one's caloric needs. At lunch and dinner, fill half of your plate with vegetables and have a fruit with breakfast and 2 more at snacks to meet the upper end of this daily requirement.

Get color on your plate from a variety of fruits and vegetables. In another words, go for a rainbow of color. The more color on your plate, the more vitamins and minerals for your body and brain. For example:

- Red: peppers, cherries, beets, nectarines, tomatoes, and tomato sauce
- Orange: peppers, oranges, carrots, sweet potatoes, and yams
- Yellow: peppers, bananas, butternut squash, summer squash, corn, and onions
- Green: peppers, grapes, asparagus, broccoli, cabbage, celery, cucumbers, green beans, kale, lettuce, peas, and spinach
- Blue/Purple: grapes, plums, and eggplant
- White: cauliflower, onions, mushrooms, and potatoes

#6 Boost your Metabolism!

By the age of 40, many of us see a decline in our metabolism, our bodies way of processing food into energy. No need to fret as we can reverse this affect through healthier lifestyle behaviors including exercise and incorporating specific foods and beverages into our nutrition plan.



Greek yogurt - high in protein and rich in probiotics. Greek yogurt contains twice as much protein than regular yogurt and makes for an excellent pre- or post-workout snack. Greek yogurt is also a nice accompaniment to breakfast or as a dessert.

Green tea helps burn belly fat due to its antioxidants, specifically egcg. Aim for 4 cups of green tea a day.

Caffeinated coffee. Aim for 2-3 cups of coffee a day or up to 200-300mg of caffeine *total* per day. Coffee has been known to boost our metabolism up to 16%. If you are also drinking green tea, stick to the lower range for coffee as anything over 500mg of caffeine a day is not recommended.

Eggs, watermelon and nuts specifically pine nuts, walnuts and almonds. These foods contain arginine, an amino acid, that helps boost muscle and lowers belly fat.

Chili peppers rich in capsaicin, which increases metabolism up to 23% after your meal.

Sun-bathed mushrooms for their vitamin D content. Vitamin D is a powerhouse vitamin that has been linked to a reduction in body fat.

Sprouted whole grain bread such as Ezekiel bread. My favorite snack or breakfast is a slice of cinnamon raisin Ezekiel bread, toasted with organic peanut butter. Sprouted breads are higher in fiber and protein than their non-sprouted counterparts. The enzymes produced during the sprouting process makes digesting these grains easier.

Lemon water. Start each day with a glass of water with a lemon wedge. Lemons are alkaline and help improve digestion for the rest of the day. Lemons also contain vitamin C which can reduce cortisol, a stress hormone. Staying properly hydrated also revs up the metabolism and wards off bloat. Aim for 8-12 cups a day of cold water.

Blueberries also known as “brain berries,” contain antioxidants that help the body burn body fat rather than store it. I recommend a handful of blueberries a day - fresh or frozen. Have them with breakfast or for a snack. Blueberries are great in smoothies and salads too.

Lean protein such as salmon, tuna, chicken, turkey, and buffalo helps boost metabolism. Protein requires more work for our bodies to break it down. Aim for 20-30% of your total daily caloric intake to come from protein.

Avocados, a healthy fat, are good sources of belly fat busters. Avocados are great for guacamole, salads, smoothies, or simply by themselves.

Salmon for it's omega-3s - essential fatty acids that help build calorie-burning muscle.

Organic apples rich in soluble and insoluble fiber. Apples also help stabilize our blood sugar. One apple a day may keep the doctor away. A great combo snack is an apple with almond butter.

#7 Choose Foods for a Mood and Energy Boost.

Stress is a major concern for American adults. Many adults are getting fewer hours of sleep, skipping exercise, and engaging in unhealthy eating behaviors. In fact, 38% say they have overeaten or eaten unhealthy foods in the past month because of stress, and 43% say stress has caused them to lie awake at night in the past month.



Now is the perfect time to successfully manage stress by creating the time to take care of ourselves. Eat a balanced diet with portion awareness. Nutrition plays a crucial role in our ability to deal with times of extra stress.

Carbohydrates, proteins, fats, vitamins and minerals are important for energy, mental concentration, and emotional stability. Stress may weaken our immune system and increase our body's need for certain nutrients. A balanced nutrition plan will help us stay focused, alert, energetic, and healthy during times of stress. When heading to the office, make sure to pack nutritious snacks for on-the-go fuel to store in your desk drawer or fridge. Examples include low-fat Greek yogurt with walnuts on top, a pear with almond butter, or a hard boiled egg with sea salt and pepper and a small handful of whole grain crackers.

The following nutrients are known to help boost your mood:

Low-fat milk for vitamin D, a super nutrient that acts like a hormone that every tissue in our body needs.

Wild salmon for its omega-3s, an essential fatty acid that acts like natural antidepressant.

Steel-cut oats, an excellent source of **complex carbohydrates** that lowers our risk of crashing and burning. For breakfast, I love mixing 1-2 tablespoons of organic peanut butter into my bowl of oatmeal for a great protein-carbohydrate combo that helps optimize energy and blood sugar.

Turkey for its high concentration of **tryptophan**, an amino acid that serves as a building block for serotonin, a.k.a. the “feel good hormone.”

Healthy fats including nuts, seeds, olive oil and avocados. Diets with less than 25% of their total daily calories from fat decreases our ability to cope with stress and anxiety.

Leafy greens like kale and spinach for **folate**, a B vitamin that helps regulate mood.

Dark chocolate, my favorite, stimulates the production of endorphins, chemicals in the brain that bring on feelings of pleasure.

Sample Menu.

I don't encourage counting calories, but rather to incorporate balance, variety, and moderation into your nutrition plan coupled with an overall healthy lifestyle. Below is a sample of a nutritious day...

First thing in the am: Glass of lemon water



Breakfast: Steel-cut or Irish oats topped with blueberries, agave and sunflower seeds. Cappuccino or small latte with low-fat milk.

Snack: Dried apricots with a couple of slices of gouda cheese

Lunch: Washed baby spinach leaves and kale topped with a grilled chicken breast, a handful of red grapes, sliced red onion, and slivered almonds. Dress salad with fresh lemon juice and extra virgin olive oil. Serve with a whole grain pita or add a handful of garbanzo beans to your salad.

Snack: Apple with almond butter

Dinner: Bake a portion of wild salmon. Place fish in a baking dish, top with fresh lemon juice and a pinch of sea salt and pepper. Bake at 375 for 10-12 minutes, or until cooked through; serve with wild rice and sauteed garlic and broccoli. Glass of red wine.

Snack: Yogurt with raspberries and a dollop of whipped cream or Cool Whip

Goal Setting

I encourage you to create 1-2 nutrition lifestyle goals with 3 key steps to assist you in conquering your goals within the next 4-6 weeks. After 4-6 weeks, create 1-2 new goals with key steps and continue this process. Wishing you all the best in improving your nutrition lifestyle!



Goal 1: _____

Step 1: _____

Step 2: _____

Step 3: _____

Goal 2: _____

Step 1: _____

Step 2: _____

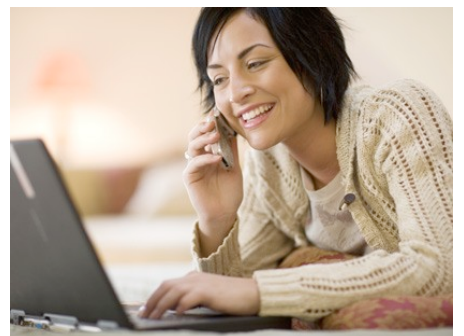
Step 3: _____

Set Up Your FREE 20 Minute Phone Consultation.

By appointment only!

<http://www.NutritionLifestyleEducation>

I look forward to talking with you soon!



Copyright by Nutrition Lifestyle Education
www.NutritionLifestyleEducation