



March Nutrition Tips

Fuel Your Best Self

1

Hydrate!

Carry a water bottle and sip throughout the day! Aim for 2-3L of water/day, depending on your size and activity level.

2

80/20 Rule

Choose whole foods and healthy options 80% of the time. Limit processed foods high in sugar, sodium, or fat, to 20% of your intake.

3

Plan your Plate

Fill your plate with $\frac{1}{2}$ veggies, $\frac{1}{4}$ protein (palm-size serving), $\frac{1}{4}$ complex carbs (grains, rice, or starchy vegetables)

4

Feel Full on Fibre

Choose whole grains, legumes, pears, apples, berries, potatoes/sweet potatoes with skin, cruciferous vegetables, leafy greens. RDA: 25g/day for women, 38g/day for men

