

## Top Nutrition Tips from a Health Coach

Nutrition tips for weight loss from a certified health coach. Simple tips to help you reach your goals without “dieting”.

**Eat Whole Foods** – When grocery shopping, choose foods from the earth, not a factory. Stick to the perimeter of the store where you’ll find produce, meats and fish, dairy, and all the fresh food. After, you can then go down the aisles for things such as rice, beans, and other healthy staples.

**Be Prepared!** – Meal Prepping is an important part of living a healthy lifestyle. You never have to worry about not having healthy food on hand when you do a little prep work before. “Failing to Plan is planning to fail.”

### DIRTY DOZEN

### CLEAN FIFTEEN

strawberries  
spinach  
nectarines  
apples  
peaches  
pears  
cherries  
grapes  
celery  
tomatoes  
sweet bell peppers  
potatoes  
hot peppers

avocados  
corn  
pineapple  
cabbage  
frozen sweet peas  
onions  
asparagus  
mangoes  
papayas  
kiwi  
eggplant  
honeydew melon  
grapefruit  
cantaloupe  
cauliflower

**Know the Dirty Dozen and Clean Fifteen** – Eating organic is ideal, but sometimes it’s hard to find, and can get expensive. If you’re on a budget or have a hard time finding quality organic produce, make sure you know The Dirty Dozen and The Clean 15. Knowing which conventional produce is loaded with chemicals and which aren’t makes it easier to choose foods that are organic or not when at the grocery store.

**Variety is the Spice of Life!** – Eating only a small variety of foods is boring and is also not very nutritious. Different foods have different nutrients, so having a variety of many different foods is better for your health. For example, orange vegetables are high in carotenoids which help your immune system and lower your risk of heart disease. And red vegetables are high in antioxidants to prevent damage from free radicals that can cause cancer and chronic diseases. Also, fish is high in healthy omega-3’s, while red meats are high in the mineral iron.

**Learn Proper Portion Sizes** – Learning correct portion sizes is important in reaching and maintaining your goal body shape. Most people have a very hard time with correct portion sizes, even when eating healthy foods. An avocado, for example, is healthy, but you should only eat about a quarter, not half or the whole thing! When you are first learning correct portion sizes, it might be wise to invest in a food scale – that way there is absolutely NO question if it’s the correct serving size. HINT: This is how you can eat all your favorite foods and never count calories again!

**Eat Protein at Every Meal** – Protein is much harder for your body to digest than fats and carbs. Therefore, eating lean protein will not only keep you feeling fuller longer, but also boost your metabolism. Diets high in protein help to build and maintain muscle mass, too. Muscles burn more calories than fat, so the more muscles you, have the more calories you’ll burn!

**Fill Up on Fruits and Veggies** – Fruits and veggies contain fiber that is harder for your body to digest than something like pasta. Make this a “nutrition rule”: Load up half of your plate at each meal with fruits or veggies. This helps to add some bulk, and tons of nutrients to your meal without adding tons of extra calories. Getting enough lean protein as well as fruits and veggies will lead to a diet lower in fat and calories as still keep you feeling full.

**Spice It Up!** – Use spices and herbs rather than salt, sugar, sauces and dressings to flavor your food. Using spices adds flavor without adding calories, making your brain think that you are eating something more satisfying. Many spices and herbs can even help boost your metabolism such as cayenne pepper and cinnamon.

### PORTION CONTROL Cheat Sheet



## Workout of the Week

Goblet Squat

Deadlift with Bent Over Row

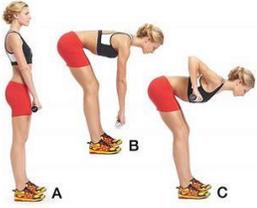
Thruster (Squat with  
Shoulder Press)

Alternating Side Lunges

Chest Press with Leg Raise (single or dbl)

Reverse Lunge with Bicep Curl

Sit up with Press



## Summer Corn Salad

### Ingredients

- 4 ears fresh corn, husks removed
- 4 medium Roma or plum tomatoes, diced
- 1/2 small red onion, diced
- 2 ounces feta cheese (about 1/2 cup), crumbled
- 1/4 cup torn fresh basil leaves
- 3 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

### Instructions

Cut the kernels off the cobs into a large bowl. You should have about 3 cups kernels. Add the tomatoes, onion, feta, basil, vinegar, oil, salt, and pepper, and stir to combine. Cover and refrigerate for 30 minutes before serving.

Storage: Leftovers will keep in a covered container in the refrigerator for up to 3 days.

**Nutrition:** Servings 4-6 Calories 143, Carbs 15.5g, Protein 4.5g, Fat 8.2g

