



# 10 Nutrition Starter Tips..

## 1 Protein at every meal

Protein fills you up and keeps you going WAY longer than bread, pasta or other carbs which generally get turned into glucose in your body and then straight to fat if you don't burn it up.

## 2 Cut down those refined carbs

I'm talking bread, pasta, rice, potatoes – some is useful but most of us overdo it. Try having one or two small portions a day and see how you feel. A small portion is a handful of rice or pasta or one slice of bread. If you can have your carbs after a workout that is even better.

## 3 It's not all about calorie counting

This is important – fat isn't the enemy – sugar is. Keep the smoothies to 50% fruit and 50% veg. Stop adding sweetener to anything at all – get your sweetness from natural sources – seasonal fruits are your friend, berries in the summer and pears and apples in the winter are winners for sweetening.





#### 4 Cut out sugary drinks

Replace squash with water and a slice of lemon or lime and tea and coffee could do with being ditched too – they create cortisol in your body which encourages you to lay fat around your middle.

#### 5 Make a plan!!

Plan what you are going to eat in advance – lunches can be a real challenge so make too much dinner and have it the next day. Plan a few 'emergency' meals for when you come home late or are too fed up or shattered to cook from scratch. Maybe cook double quantities of a freezable meal and put in in the freezer.

#### 6 Get those you live with/work with on side

Being sabotaged at every turn is going to make this process really tough. Take a moment to explain to your partner/friends/colleagues what you are doing and why.... don't make light of it, explain that it is really important to you and ask them to help you. Keep them involved by talking to them about what you are doing and hopefully they will encourage and support you. Ask them not to bring tempting foods into the house/office.

#### 7 Don't buy it!!

If it isn't good for you it's not good for anyone else in the house either – don't buy it and then you can't eat it.





## 8 Have some treats available

Try & make sure some are healthier treats and keep them under control. The odd big treat is good for the soul, so don't cut them out completely.

## 9 Drink plenty

Think this through - what are you actually drinking? Water is always best and alcohol is obviously not good for your physical health. Decide what is realistic for you in terms of alcohol intake – if you like a drink every day can you cut that back to 4 or 5 days a week? When and if you do drink alcohol, think about white wine with soda for example or have every other drink as a dry drink. Be mindful, how can you cut it back but not totally out?

## 10 Lastly

Joining Zest or making positive nutritional changes should be about a good thing, not a new life of healthy misery. If it feels like a horrible burden you are quickly going to return to negative patterns. Think about this as making permanent healthy changes that you make one step at a time. We have plenty of time to do this right - making it long term is the key to success and if that takes a little time it's worth it. It is possible to be healthy & have fun – tackle changes in manageable steps. If you need some encouragement or have questions please ask. XX