

TRUE NUTRITION



Cut to the facts and focus on what matters.



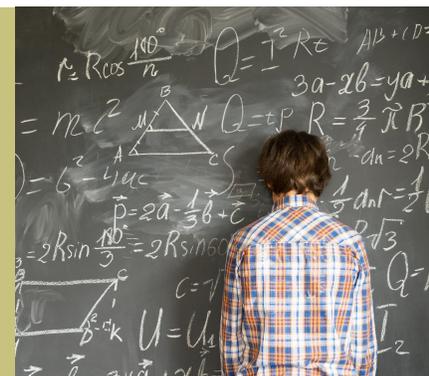
A healthy diet need NOT be restrictive. Research shows that consistently choosing nutrient-dense foods, cooking mostly at home and eating plenty of plant foods helps maintain a healthy weight. Trends lead us to believe sugar, carbs, fat, or alcohol must be completely avoided to find success, but the evidence-base disagrees. Aim for a 90/10 ratio and make high quality food choices 90% of the time.

If weight loss efforts have plateaued, the first instinct is often to cut calories. Though it may be counterintuitive, calorie reduction is not always the answer. Too little energy intake can create a reduced metabolism, halting weight loss efforts. Eat the right amount of high-quality foods to support your metabolism and goals, and be sure to include resistance training in your regimen.



It may seem like protein is queen, or that a specific macronutrient ratio is necessary to achieve your goals, but research shows that there's no perfect amount of carbohydrate, protein and fat intake for health. Aim for a balanced intake and regular intervals throughout the day. Needs might vary based on activity level or diabetes status. Schedule a dietitian consult for guidance.

Nutrition doesn't have to be complicated. When you educate yourself on the foundation of a nutritious diet, you can look past the fussy, overly-analytical media messages. Giving much attention to these media messages, like those that pin types of fruit against each other based on sugar content or demonize potatoes, actually deteriorates confidence in your healthy choices. Read evidence-based, dietitian-backed information and make confident food choices.



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FRUIT



Fruit is a healthy, high-fiber choice.

Some avoid it "because of the sugar content." Stick to 1/2 cup fresh fruit servings and pair your fruit with a healthy fat or quality protein. Try an apple with peanut butter, or a clementine orange with a small handful of almonds.

PROTEIN



Instead of going for as MUCH protein as possible, go for the highest quality possible.

Try wild-caught salmon, organic chicken, grass-fed beef, free-range eggs, lentils, and organic soy.

FAT



The "lean" days of the 90's are gone.

Choose healthy fats in small portions to help you stay full, absorb vitamin D and keep hormones balanced. Olive oil, nuts, seeds and avocado are great choices. Aim for 1-3 T servings, depending on your energy needs.

CARBS



Carbs are not the enemy.

Unprocessed, fiber-rich carbohydrates can fuel your body, reduce cravings and keep you thinking clearly all day. Space your portions of fruit, whole grains, beans, and starchy vegetables throughout the day, aiming for about a tennis ball sized portion.

COUNT ON THIS

When media messages start to bog you down, focus on what we know is true. These evidence-based nutrition messages have lasted through years of nutrition research and trends. Cutting through the noise and honing in on what is true can lead to a healthier you!

- ▶ **EAT A PLANT-FORWARD DIET**
- ▶ **PRIORITIZE WHOLE GRAINS**
- ▶ **DRINK AT LEAST 8 CUPS OF WATER PER DAY**
- ▶ **SWITCH TO HEALTHY, UNSATURATED FATS**
- ▶ **STAY ACTIVE! 150 MINUTES PER WEEK**
- ▶ **LIMIT HIGHLY PROCESSED FOODS**