



## ***EPICENTER / EXECUFIT NUTRITION 101 (NO DIETS! Just Eating Healthy)***

- ***Eat 4-5 small meals during the day. Example: Breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner.***
- ***Mid-morning and mid-afternoon snacks should consist of: protein-energy bar, or low fat yogurt, or vegetable sticks and fruit are just a few examples.***
- ***No or limit fried foods***
- ***No or limit “fast foods”—If you must—Grilled chicken sandwich with lettuce and tomatoes only!***
- ***NO mayo***
- ***Do not add extra salt to foods—Stay away from bagged potato chips and taco chips.***
- ***NO Diet or regular Sodas / Drink plenty of cold water during the day. Dehydration slows down your metabolic rate.***
- ***No or limit Caffeine***
- ***No complex carbohydrates at your evening meal, such as breads, pastas, rice, potatoes***
- ***Eat Breakfast! The most important meal of the day.***
- ***Don’t skip meals!***
- ***Use whole grain breads only—No white breads***

- *Do not use whole milk—Skim or soy milk only*
- *Eat white meats such as Grilled chicken, fish, or turkey.*
- *Eat plenty of fruits and vegetables.*
- *Eat good fats such as found in walnuts, olive oils and some fish.*
- *EXERCISE! Your body was meant to move! (3 to 5 times a week) You should walk / run / lift weights / swim / take an aerobic class / whatever---just MOVE!!*
- *Eat for your NUTRITIONAL needs rather than your EMOTIONAL needs.*