



10 NUTRITION RULES TO LIVE BY

1. COME BACK TO EARTH!! Try to choose the least processed forms of food. Fruits, veggies, and whole grains.
2. Eat BREAKFAST every day.
3. Eat smaller portions more often, spread evenly across the day. No excuses -- you should be eating 5-8 meals/day.
4. Stay HYDRATED (.6 x body weight = ounces of water per day) by drinking only non-caloric beverages (water/green tea).
5. Include a LEAN protein source with each meal.
6. Choose foods, especially carbs, rich in FIBER (25-35g/day).
7. Add a multivitamin with anti-oxidant complex and an omega 3/omega 6 blend into your daily routine.
8. Eat fruits or vegetables with each meal. Green vegetables are key!! The morbidly obese are often malnourished because they eat a brown and tan diet.
9. Drink a mixture of carbohydrate and protein before and/or after your workout.
10. Last, but not least. Get some rest. The body recovers and repairs when it is sleeping.

