



10 Habits of Healthy Eating

1. Divide your daily calories into small, frequent meals.
 - Example: 1400 calories/day: Breakfast/Lunch/Dinner= 400 calories each, plus a 100 calorie AM and PM snack.
2. Eat a complete protein with every meal and snack.
3. Eat vegetables at every meal.
4. Eat a small amount of healthy fats daily.
 - Example: Avocado, fatty fish (like salmon or mackerel), coconut or extra-virgin olive oil, chia seeds or nuts are all considered sources of healthy fat.
5. Choose whole grains instead of refined products.
 - Example: a small amount of rice or quinoa instead of bread.
6. Substitute whole fruit for dessert.
 - Tip: Plan one day each month to mindfully enjoy without bingeing, such as only the last day of the month.
7. Drink one half of your bodyweight in ounces of water daily.
 - Example: 134 pounds = 67 ounces per day. 67 ounces = (just over) 4 pint-sized glasses. 195 pounds = 97.5 ounces or 6 pint glasses per day.
8. Keep a one-week food journal every quarter to adapt and revise your nutrition strategy as needed.
9. Strive to eat as many vitamins and minerals through your food. Only take supplements that meet your body's needs and deficiencies.
10. Plan your post-workout nutrition strategy.
 - Example: Have a 100-200 calorie, low-fat, high protein fuel source after strength training, with a 100-200 calorie, carbohydrate-rich source after endurance training.