



The 10 Principles of Successful Nutrition

- 1. Eat mostly REAL, whole, unprocessed food**
 - a. Shop around the outside edges of the grocery store.
 - b. If it wasn't food 100 years ago, it isn't food today.
 - c. If you have seen a commercial about it, it probably isn't good for you.
 - d. If it comes in a plastic wrapper, it most likely isn't food; it is a food product.

- 2. The less legs the better**
 - a. Fish is best for you.
 - b. Chicken is second best.
 - c. Pork, Beef and four legged animals are third best.

- 3. Eat breakfast everyday**
 - a. Think Break the Fast.
 - b. Anything is better than nothing! Grab a quick granola bar if that's all you have time for.

- 4. Eat protein with every meal and most snacks**
 - a. Meat, Cheese, Peanut Butter, Greek Yogurt, Cottage Cheese, Beans are good options.

- 5. Eat at least 1 full serving of vegetables and/or fruits every time you eat**

- 6. Eat a rainbow**
 - a. The more colorful the food is in its natural state, the better it is for you.

- 7. Drink mainly single ingredient beverages**
 - a. Think water, tea, black coffee, 100% juice, milk.
 - b. Stay Hydrated.

- 8. Eat fats that give something back**
 - a. Beneficial fats: nuts and seeds, fish, fish oil, flaxseed oil, ground flax, olive oil.
 - b. Non-Beneficial fats: fried foods and trans fat.

- 9. Don't waste your workout!**
 - a. Make sure to get your post-workout nutrition immediately post training.
 - b. Low fat chocolate milk or a protein shake are both great options!

- 10. Live a little!**
 - a. 80/20 rule: Eat really well 80 percent of the time and 20 percent of the time eat whatever you want, but in moderation!