**FITNESS HUB 21 NUTRITION TIPS**

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| **FOOD CHOICES** |  |  |  |
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| Vary fruits, vegetables, fats and protein sources to expose your body to as many nutrients as possible | | | |
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| **LOW GI FRUIT – 2-3 X A DAY MAXIMUM** | |  |  |
| Apples | Plums | Grapefruit |  |
| Cherries | Prunes | Peaches |  |
| Grapefruit | Strawberries | Coconut |  |
| Pears | Blueberries | Kiwi fruit |  |
| Raspberries | Oranges |  |  |
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| **BREADS AND GRAINS - ELIMINATE WHERE POSSIBLE OR MAKE THE BEST CHOICES** | | | |
| Spelt or rye bread – for most its better to eat a couple of times a week | | |  |
| Brown, wild or red organic rice | |  |  |
| Oats - soaked in water overnight and cooked in the morning  Buckwheat  Pearled Barley  Quinoa | | |  |
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| **FATS - use a variety to provide the body with more nutrients** | | | |
| Organic cold pressed Coconut oil - (good for high heat) | | |  |
| Organic cold pressed olive oil - sainsburys do a good one | | |  |
| Organic cold pressed hemp seed oil - Sainsburys (keep in the fridge) | | | |
| Avocados |  |  |  |
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| **NUTS - SOAK IN WATER OVERNIGHT** | | | |
| Brazil | Pecans | Almonds |  |
| Hazelnuts | Macadamias | Walnuts |  |
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| **VEGETABLES - NOT LIMITED TO THESE, EAT A WIDE VARIETY** | | |  |
| Asparagus | Cucumber | Celery | Cauliflower |
| Beans | Chard | Carrot (raw) | Broccoli |
| Chives | Okra | Eggplant | Brussel sprouts |
| Garlic | Olives | Lettuce | Kale |
| Leeks | Spinach | Fennel | Mushrooms |
| Onion | Artichoke | Tomato | Watercress |
| Peas | Peppers | Cabbage | Rocket |
|  |  |  |  |
| Eat1.2-2g/kg a day, keep it varied and **avoid** any foods that **bloats you or upsets your stomach** | | | |
| |  |  |  |  | | --- | --- | --- | --- | | **PROTEIN CHOICES - NOT LIMITED TO THESE, EAT A WIDE VARIETY** | | | | | Chicken | Beef | Mince meat | Eggs | | White fish | Lamb | Gluten Free sausages | Smoked salmon | | Oily fish | Prawns | Turkey | Halloumi | | Feta | Cottage cheese | Shellfish | Pork | | | | |

**LISAS TOP 10 RULES**

1. If you eat breakfast make sure its healthy – Lean protein, fruit and vegetables, maybe jumbo organic oats. E.g. 2 chicken thighs and 1 apple, 40g oats and 2 eggs, 2 egg omlette with mushrooms, tomato etc.
2. Eat 2-4 meals a day spaced out (whatever number you desire)
3. Eat a variety of vegetables, good fats and protein in each meal.
4. Favour real carbs like grains, vegetables and fruits over refined and processed carbs.
5. Eliminate or greatly reduce (1-2 times a week max) processed foods.
6. Eliminate completely trans fats or hydrogenated fats from your diet (they are found in most processed cakes, biscuits and bars etc).
7. Train 3-4 times a week (weights or intervals).
8. Have a permissive meal 1-2 times a week – provided you are eating well. It will keep you sane.
9. Work on ways to reduce stress levels – epsom salt baths, yoga, sauna etc
10. Be in bed by 1030-11pm every day (8hrs sleep)

For maximum health I aim to eat more vegetables and fruit, increase my protein intake and choose better choices of carbs to help fuel my workouts

**8 HEALTHY HABITS TO LIVE BY**

1. Plan your meals (breakfast, lunch, dinner, snacks)
2. Get good sleep (length, quality, routine)
3. Think positive thoughts about yourself and how you look – replace the bad thoughts with good ones



1. Say positive things to yourself – change your self talk, be grateful
2. Improve your digestion – increase knowledge of how to improve it and small steps we can make to improve it
3. Is your training where it should be – number of sessions a week, intensity, need to stretch, strengthen etc in order to be healthier and fitter
4. Drink enough water – are you drinking too much alcohol, tea or coffee
5. Have a social life and enjoy yourself – get a hobby, go out with friends, go for a walk etc