VERDENOURISH HEALTHY EATING QUICK GUIDE

NOURISH YOUR BODY WITH FOOD CELEBRATE YOUR BODY WITH MOVEMENT

Look to natural sources of energy in what you eat. If it grows, eat it. If it doesn't grow, don't eat it!

- Plants (veggies) give us the most energy & have lots of protein. Eat organic when possible!
- Fruits are great as a sweet treat! In moderation.
- Meat should always be grass fed and "happy" (free range & healthy animals).
- Incorporate a variety of nutrient dense, local and seasonal, whole foods into your diet.

H2O Daily Goal: Drink 1/2 your bodyweight in ounces, of water! (Ex: Half of 150lbs is 75 Oz.)

Choose foods that lower your body's inflammation by sticking to the "Low-No" list:

- Gluten (& most grains)
- Alcohol
- Sugar
- Dairy
- Processed Foods

When selecting your portion sizes, use your hands as your guide. Simple and easy!

- Calorie dense foods, use your palm as your portion (protein, fats, fruits).
- Calorie light foods, use your hands together as your portion (veggies).
- Make sure to incorporate all 3 macronutrients (Healthy Protein, Fats, and Carbs).

Give your body some time to rest from "digest" by being mindful of how frequent you eat.

- Try to eat during a 12 hour window during the day.
- Try to eat last big meal before 7:30pm (light snacks after if needed)
- Healthy Hint: When you eat nutrient dense foods they will keep you satisfied for longer and will sustaining energy (think protein!).

90/10 Mindfulness Approach:

90% Of the time make healthy food choices. 10% Of the time enjoy treats in moderation!

Listen to your body! Notice what foods **FEEL GOOD**, and also the foods that don't make you thrive. If a food causes a negative reaction in the body, stray away from it. **YOUR BODY** knows what is best!

THIS GUIDE IS CREATED BY THE VERDE SPORTS NUTRITION TEAM IN COLLABORATION WITH CERTIFIED NUTRITIONAL THERAPIST LAURA WOODRUFF

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