

## Nutritional Tools

Bikini Boot Camp is about balance. This includes nutrition. We encourage healthy eating and educating participants on how to make healthy choices that are easy and effective. A healthy diet includes all food groups and eating a variety of food within each.

We believe in getting back to the basics. That means we promote choosing food as close to its natural state as possible. We encourage increasing the amount of whole foods we consume (fruits and vegetables, whole grains, all the good fats) and limiting the amount of synthetic, processed substances (aspartame, pre-package food, all the stuff that never goes bad- yikes!). Food is our best medicine! The quality of food we put into our bodies dictates how our bodies will respond in our day to day lives. This can be overwhelming for some people. We are here to teach you that it is not and that simple tools can be incorporated into your daily to nutrition that will allow you to reach your goals more effectively.

**Eat as close to the source as possible:** Read labels. That doesn't mean you need to understand everything written on them, you just have to recognize you don't understand them. If something has more than 7 ingredients and half of them you cannot pronounce put it back! Pick something more natural.

**Cut out ½ of the extras you put in your coffee/tea:** 1 tbsp of sugar and 2 tbsp of cream in your daily cup of coffee = 17,885 cal/yr. That's over 5 lbs!

**Shop the fringes of the supermarket.** Have you ever noticed that all the fresh food is on the fringes and the processed stuff is in the middle? By staying on the fringes you take away the processed food temptation.

**Plan weekly meals ahead of time (for example; Sunday shopping list/meal plan):** If you are a restaurant junkie try making your own lunch to take to work and/or prep veggies ahead of time and keep them handy for quick snacks.

**Buy at least 1 organic veggie, dairy product or meat each time you shop for groceries.** Why organic? You can find multiple reasons why people have turned to shopping organic. They range from saving our environment to protecting farm workers and their families. In respect to health and daily nutrition, organic means that animals are free from growth hormones & antibiotics, that pesticides have not been used on produce and the added bonus that organic simply tastes better. We realize that buying organic can blow holes through your monthly budget, but giving a few items a try won't.

**Learn to cook a new healthy meal.** If you are like the rest of us you have a set repertoire of meals that don't seem to change. Spruce things up by adding in a new healthy recipe!

**Walk through the 'healthy' part of the supermarket and pick something you've never tried before.** It doesn't mean you have to like it, just try it.

**Visit a whole foods market.** Education and awareness are key in creating healthier eating habits. Although the large chain grocery stores are getting better at offering a wider variety of healthy options, whole food markets are still your best bet to improving your diet. Simply by walking up and down the aisles you can learn new ideas and tips. Take the time to visit a whole foods market this week.