5 Simple Nutrition Tips for 2021

It is a New Year and you have decided to improve your eating choices, but the information is overwhelming. Set yourself up for success by ditching general statements like; I will lose 40 pounds, or jumping into intermittent fasting for 18 hours, or following a strict diet like Keto. Instead look at these 5 simple nutrition tips RHN (Registered Holistic Nutritionist) Nancy Coles suggests may boost our immune systems and help us to be healthier.

1. **Protein**
   Evaluate the quality and amount of protein you consume each day. It is important to include protein in your breakfast and to space it out throughout the day. If meat and dairy are included in your diet, look at organic or grass-fed options. Do you have access to farm fresh or free-range eggs? Everyone has different needs and food sensitivities – this is where a consultation with a RHN can really help with digestive issues as well as maximum performance through dietary choices.

2. **Antioxidants**
   It is time for some variety in what you are putting in your body by selecting fruits and vegetables with dark and bright colors. So much research is available on the benefits of a diet high in antioxidants, such as how they help to counter the free radical damage in our cells. Be adventurous, learn a few new recipes and add some of these foods to your diet: ***blueberries, yams, kale, green beans, pecans, dark chocolate, strawberries, goji berries, raspberries, artichokes, beets, red cabbage, and spinach***. The increase is fruits and vegetables will also increase the many benefits of a high fibre diet. Make sure you drink enough water and try reducing your processed food intake and replacing those unhealthy snacks with foods on your antioxidant list.

3. **Sugar**
   Never mind the calories in sugar that contribute to weight gain, and the energy level swings that follow the rise and subsequent crash after a sugary treat, now there is more and more research about serious illness associated with sugar consumption. Diabetes, cancer, and dementia are a few conditions that have been studied regarding sugar consumption. There is no time like today to take an inventory of how much sugar you are consuming and making some edits to reduce the total. Read labels on sauces, cereals, and packaged foods. Sugar can be disguised as high fructose corn syrup, corn syrup, brown rice syrup, dextrose, fructose, and many other names.

4. **Fermented foods**
   These foods are good for our gut health, if you do not consume any of these gut supporting items, try adding a few to your regular meals. Sauerkraut, kimchi, kefir, kombucha, miso, tempeh, yogurt. You can google “recipes for fermented foods” if you are not familiar with them.

5. **Supplements, Vitamins and more**
   This is where a consultation with a RHN can really help you as there is so much information (scientific, and antidotal) about what is “good for you”. Foods high in Omega 3 fats acids, garlic, and ginger are known for their health benefits and Vitamins A, C, E, selenium, and zinc for boosting the immune system BUT, how much do you need and what other health issues and medications do you have?

Contact us by email, personaltraining@curtishealth.com for more information or assistance.