



ChEw oN ThiS

AND

DoN't ChEw oN ThaT



Eleven ATTAINABLE NUTRITION Tips for 2011

#11 - For best health results fuel your car and not your body from stores with the number **eleven** in their name.

#10 - Cut **10** teaspoons of sugar from your diet everyday by eliminating one can of soda. Americans consume an average of 170 lbs. (16,320 teaspoons) of sugar per year. There are about 96 teaspoons in a pound of sugar. By eliminating 1 can of soda per day you'll consume 3,650 less teaspoons, or 38 pounds of sugar per year.

#9 - Eat **7-9** servings of fruits/veggies per day. Shoot for **9** and you may get 7. Don't forget to vary the colors – they all have different nutrients your body needs.

#8 - "It's too late to eat after **eight**." Help control your weight by not eating when your metabolism slows for the night.

#7 - The average person falls asleep in **7** minutes. If your cortisol levels are high (stress hormones) and it takes you more like 70 minutes, try some deep breathing. First blow all of the air out of your lungs then take a deep breath in and hold it for **7** seconds. Let it out slowly for the count of **7**. Try this a few times and see if it helps.

#6 - "Dinner's at **6** pm!" Eat as a family as much as possible. Studies show that families who eat together are happier and are less likely to be overweight than those who take the "you're on your own" approach.

#5 - Read food labels and look for fat content to be **5%** or

less. The numbers you find on a label are based off a 2,000 calorie diet. If you require fewer calories don't forget to adjust the numbers on the label or you will be consuming too much.

#4 - Drink more water **4** more brain power! Your brain is 77-78% water! Studies have shown subjects who simply drank a glass of water before test taking significantly helped to improve their test scores.

Okay, so try to solve the following riddle – if you get stuck, you know what to do!

Riddle: Show how one-half of five is four!

(Answer at end of article – don't peek yet!)

#3 - Increase your omega-**3** fatty acid intake by consuming more fish and flaxseeds for a healthier heart and more brain power.

#2 - Don't forget **2** eat a healthy breakfast with some protein to decrease sugar cravings throughout the day.

#1 - There is only **one** of you – be your own **#1** health advocate. What do you need to do to take better care of yourself this year? You can attain it, reach for it!

Riddle Answer: Take off the first and last letters of the number five spelled out and you have the Roman numeral for 4. The Roman numeral for four is **IV** (whose letters are one-half of the four letters in the spelled-out word "five").



Reach for it! Health Goal

Put a little love in your heart... Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things.

I Corinthians 13:4-7

Main Course



Let's sit down for an hour and have a **heart to heart about your heart**. Heart disease is still the leading cause of death for Americans, killing one out of every three of us. It may be time to talk about how you can help prevent your own heart from getting diseased. We'll discuss ideas to help lower your LDL cholesterol and raise the healthy HDL cholesterol you need. **Love your heart today!** ♥♥♥♥

On The Side

100 Calorie Snacks that aren't found in a cookie bag!

1 cup minestrone soup
1 pear
1 small banana
1 large apple
1 oz mozzarella cheese
1 cup peas and carrots
1 ear of corn
1 small pita pocket
30 pistachio nuts

1 frozen fruit bar
1/2 cup fat-free frozen yogurt
1 Tablespoon peanut butter
1 cup chicken noodle soup
1 cup turkey vegetable soup
15 almonds
1/2 cup oatmeal
1 tortilla
1 slice whole grain toast, 1 tsp jam

Food Fight!



Cruciferous Vegetables—Cauliflower, kale, Brussels sprouts, cabbage, rutabaga, turnips and broccoli contain two antioxidants, lutein and zeaxanthin that may help decrease prostate and other cancers. These vegetables all have cross-shaped flowers, which is why they are called cruciferous.

If you don't like the taste of raw cruciferous vegetables, try chopping them into smaller pieces and adding them to soups or stir fries. Try steaming cauliflower, mashing and then stirring into mashed potatoes. No one will even know!

ATTAINABLE NUTRITION provides nutrition and natural health guidance for adults, teens, and children. We will customize an attainable plan for your specific needs and desires. Some of the services we provide include:

- Nutrition assessment and meal planning
- Weight loss/gain coaching
- Disease prevention and support
- Stress and pain management
- Gluten-free and food allergy assistance
- *The Edge* teen sports nutrition
- *Shop-With-You* grocery shopping service



Healthy & Happy Kids

Eat a variety of apples! How many different colors of apples can you find at the grocery store? Color the heart next to the ones you try! How many others can you find? Remember apples are very good for your heart. Share one with someone on Valentines Day!

Fuji

Gala

Red delicious

MacIntosh

Golden delicious

Granny Smith



The Edge: Teen Athletes

ChEw oN ThiS Trail Mix

Teen athletes need high energy, nutrient dense snacks throughout the day. One time of day teens tend to favor junk food is right after school. You are starving and you need something quick because practice starts in 10 minutes! Often times food that is available to you is

found in vending machines or a school store. Here is a snack that you can keep in your locker that is packed with good nutrients. You can change it from week to week with similar ingredients that you like.

1/2 cup peanuts or soy beans
1/2 cup almonds or walnuts
1 cup Cheerios®
1 cup plain granola

1 cup mini pretzels
1/2 cup raisins
1/2 cup dried cherries or other dried fruit
1/2 cup pumpkin seeds, sunflower or other seeds.

Makes 10 ½ cup servings

Calories: 295

Carbs: 35 grams

Protein: 8 grams

Healthy Fats: 15 grams



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