



## Nutrition Habits for Lifelong Health and Happiness



### 1. Mindfulness.

Are you hungry?

Are you ready to take time to eat this meal, seated, un-distracted?

Are you in a position to eat slowly and enjoy your food?

Have you drank plenty of fluids?

Make sure to stop eating when you are ~80% full

### 2. Protein Dense Food

Where is the protein dense food in your diet?

Are you about to eat ~1 palm sized amount of protein?

### 3. Vegetables

Are you about to eat a plentiful supply of vegetables?

1 portion is ~1 fist size and you should have 1-3 per meal.

### 4. Carbohydrate Source

If you have fat to lose and have not just worked out - skip the starchy carbohydrates, like bread, rice, pasta and potatoes for another serving of vegetables.

If you have just worked out, a serving of carbohydrates is optimal.

### 5. Fat Sources

You need some fats in your diet.

Prioritise fats such as whole food sources such as eggs, nuts, seeds, avocado, fish and certain meats.