

Flatten Your ABS with Food!

A New Year full of potential! It's time to decide to make your health a priority! If you want to see positive results/change, YOU have to make positive changes.

Here are 5 small changes to your nutrition program that can make a huge impact on your health and accelerate your weight loss.

- 1) **Consume 4-6 small meals each day** – eating small meals throughout the day helps to keep your metabolism revved up
- 2) **Eat 1-3 servings of FRUITS & VEGETABLES at EVERY meal/snack** – it is recommended that you eat 9-13 servings of fruits and veggies each day. Half of your plate should be veggies and fruit.
- 3) **Eat less fat and cook with less fat** – if you are trying to lose weight your calories from fat should be no more than 20% of your daily caloric intake. Eliminate extra fat and calories by using low fat cooking methods, such as grilling, baking, boiling and steaming.
- 4) **Drink ½ of your body weight in ounce of WATER everyday!**
- 5) **Limit sugars and refined products** – limit the amount of foods you eat that contain added sugars. Only consume whole grain products. Eat foods that are as close to their original, natural state as possible.

Sample Day:

Oatmeal with ½ C blueberries

Apple with 1 Tbsp all-natural peanut butter & 10 small carrots

Large spinach salad with extra veggies, topped with ½ C black beans and low calorie dressing & 1 medium sweet potato

Veggie Roll-Ups (whole grain tortilla with hummus, then load it up with sliced peppers, carrots, onions, sprouts, etc. Roll it up and take it To-Go!)

Healthy Stir Fry - ½ C brown rice, 1-2 C veggies (use Bragg's Liquid Aminos for soy sauce substitute) and 3oz of lean meat or firm tofu

Jennifer Wolfe, MS, CSCS

Owner of Wolfe Fitness

www.wolfefitness.com

jwolfefitness@yahoo.com

843-368-2314