



The 2014 Sochi Olympic Games have been exhilarating; delivering thrills, spills, and lots of cheers. These past few weeks, we've seen what physical boundaries Olympians are willing to push. Their Gold Medal success is a reflection of 4 years of disciplined diet and exercise. In fact, Olympians will often focus their entire training day around their diet. Here, we can feel empathetic towards these athletes struggles in healthy eating.

After having personally experimented with, and researching the various opinions on this subject, I've made one conclusion...You are what you eat. Dieting should not be associated with weight loss. Weight loss is a balance of the calories consumed and calories burned. Therefore, dieting is feeling better, by eating smarter.

As we struggle throughout a snowy winter season and eagerly anticipate summer, it's important to take care of our physical health. In order to help fight illness, meet weight goals, and stay mentally sharp. We can channel our inner Olympians. Here is a top list of nutritional tips which will help you keep focus:

- Eat smarter and portion control
  - Don't overload your plate and wait at least 20 minutes before you reach for seconds
  - **NO** food after eight at night
- Mix in your greens
  - 1/3 of your plate should include vegetables, include leafy greens
  - Broccoli is nature's antioxidant
- Read nutritional labels
  - **NO** high fructose corn syrup
  - Be aware of sugars as first ingredients
  - If you can't pronounce it, don't eat it, if it has more than 4 ingredients be cautious
- Limit flour intake
  - Fried foods should be avoided
- Avoid alcohol intake and cigarettes
  - Excellent source of empty calories, with too many sugars
  - Alcohol will slow down digestion
  - Cigarette smoke inhibits nutritional absorption, resulting in malnutrition
- Schedule a cheat day
  - Allow one day a week to eat whatever you like, in moderation
- Drink water, no soda, no tea's
  - Drink water either before or after meals
  - If your thirsty, you're already dehydrated
- Prepare home cooked meals
  - Balance eating complex carbohydrates, and more protein throughout the day
  - It'll save you on expenses; shopping healthy isn't always more expensive, visit ALDI, Bottom Dollar vegetable section, Whole Produce Junction
- Eat a hearty breakfast meal
  - Provides fuel for the entire day, energy consumed will be burned throughout the day
  - Decreases snacking tendencies later in the day
- Snack Smarter
  - Go nutty - almonds, walnuts, cashews are some examples of excellent energy foods
  - Olympian quality snacks include bean burritos with avocado and/or cheese or whole grain bagel with lox
- Keep a food journal
  - It takes approximately 28 days to develop a habit, and one day to break it

- Allows your physician and nutritionist to make personal recommendations

Enjoy the things you eat. Realize good eating habits will make you feel better, rather than just looking thinner. Always supplement healthier eating with exercise to maximize your results.

Good Luck!

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