

**5 Eating
Habits of
Holistic
Nutritionists**

1 Hydrate! Add fruit or herbs to mix up the flavours. Get a killer water bottle to keep you motivated.

Eat lots of veggies. Veggies are **2** packed with energy boosting nutrients. Eat a rainbow, skittles don't count.

3 Enjoy some treats. We love our treats, but keep them to special occasions. Friday is not a special occasion.

Eat fat. Looking and feeling great **4** starts with eating healthy fats.

5 Choose quality, especially meat and fish. If you're a vegetarian, organic all the way!

Time for some Science! (yay!)

Hydrate! Your body is about 80% water. It floods your cells and all the spaces in between so that the chemical reactions needed for energy can function properly, nutrients can be carried to every corner of the body and pushing waste products out of body just to name a few.



Eat lots of veggies! Veggies are powerhouses filled with tonnes of nutrients and fiber, and they taste great to boot! The short? Veggies help stabilize blood sugar which helps balance cortisol which reduces inflammation which makes you feel great. Want to feel great? Load your plate with veg.



Enjoy some treats. Life is for living, and a central part of that is food. Eat lots of real food and make sure to enjoy an occasional slice of cake. Sugar is a crazy health disruptor though, so keep the slice small...



Eat fat. Fat is critical for your health, it cushions your organs, is a huge part of your brain and contains essential fat soluble vitamins. Eat the good ones though, french fried don't count!



Choose Quality Protein. So many critical parts of our bodies are proteins, from the internal cell scaffolding to how our cells talk to each other to our immune system. Eating good quality protein helps keep your own proteins top notch, and you much healthier.

