



Nutrition Nibbles

No Time to Get Fat?!

It recently struck me that if we really did all that we are supposed to in order to take care of ourselves, not only would we NOT gain weight, we'd have no time to get fat! What do I mean? Read on for smart and savvy ways to nourish and move your body to prevent your BMI (body mass index) from skyrocketing.

1. Eat 4 ½ cups of fruits and vegetables daily. I challenge you to measure this out and place on your counter. What is your first observation? Mine: that's quite a bit of healthy food to include in a daily diet. How can you get all that produce into your body's belly? Two of my favorite ways include a.) dedicating half of your plate at every meal to produce and b.) prepping all that produce ahead of time so it's ready to go. If I wait until the end of the day to eat 4+ cups of fruits and veggies, it just won't happen. By using the half plate rule, I spread that intake out over the course of my day in a pleasant, enjoyable way. After I grocery shop, I like to wash, slice, dice, and store all of nature's goodies at eye level in clear containers in my fridge. Every time I open that refrigerator, I see tasty nutrition calling out to be consumed. When I'm pressed for time, this ensures these nutrient powerhouses are actually making it into my diet in adequate, if not abundant, amounts.

Fat Fighter: Eating the daily fruit and veggie recommendation crowds out higher calorie, less nutritious items from your diet, saving your waistline.

2. Drink half your body weight in ounces of fluid, preferably water. Let's just say you need to target the 64 ounces of water rule-of-thumb. That's a gallon; have you ever done that on a consistent (daily) basis? Not only are you running to the bathroom more often, you feel more alert, have clearer skin and have no time to drink higher calorie, sugar-laden beverages like soda or juice.

Fat Fighter: Drinking 64+ ounces of water daily keeps you from drinking other not-so-good-for-you, calorie-packed, waist-bulging beverages.

3. Take 10,000 steps daily. This is the equivalent of about 5 miles of walking each day. This is really challenging when you work in a typical office environment or live in an otherwise sedentary world, like the USA. You really have to work to get that many steps in and be thoughtful about how you move your body.

Fat Fighter: When you walk 10,000 steps daily, you have no time to be sedentary...nope, you have to get moving (and burning calories) pronto...like all day long.

4. Sleep 7-9 hours per night. When we're adequately rested, we have more energy, we're more alert and able to focus and we have an easier time managing our weight due to stabilized hormones.

Fat Fighter: When you get your 7-9 hours of rest, you're awake less and have fewer opportunities to eat...you're also nicer to be around.

**Questions or Comments? Email me at
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