



TIPS TO *'Spring Clean'* Your Nutrition

March is Nutrition Month, a good time to take a closer look at what you eat and set priorities to aim for more fresh locally sourced ingredients.

Here are some guidelines for spring cleaning your nutrition choices.

Organize your kitchen

An organized kitchen and pantry area will help you see what food you have and choose healthy options when you crave a snack. Prepare raw veggies, nuts, and hardboiled eggs and store them at the front of your cupboard or fridge.

Strive for more variety

Variety is the golden rule of healthy eating. When preparing a meal, include multiple food groups and use lots of colour. Lean toward veggies and whole-grain foods. If you have red meat one day, plan to have fish or a vegan meal the next day. If you didn't get enough veggies over the weekend, build in some extras on Monday and Tuesday.

Choose fresh over processed

Research has linked highly processed foods loaded with sodium, sugar, and added saturated and trans fats to chronic health problems. The key is to substitute fresher and less processed items. Instead of chips and salty crackers, try raw almonds, whole-grain crackers, and raw veggies. Instead of cookies and pastries, grab an apple or some dried cranberries, dates, or figs.

Real foods over supplements

While supplementing the vitamins and minerals your body needs is beneficial, real food remains the healthiest choice because it provides more nutritional value and fibre, and many natural foods are also high in antioxidants.

A slight tweak to your nutritional outlook can make a world of difference. Use this month to try a new approach to food, and chances are you'll feel the positive effects.

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