



Slim Up Nutrition



KEYS

- Eating small meals throughout the day, and no skipping meals
- Know your portions- even if you are eating healthy, overeating portions may sabotage weight loss
- Set realistic goals- this means no more than 1-2lbs/week
- Know what you're putting in your body and being more aware of the choices you make
- Eat enough protein- this will keep you full longer and help keep your muscle tissue
- Pair your weight loss efforts with frequent exercise!

WHAT YOU SHOULD KNOW

- Successful weight loss will come with time. Be patient! Starting off slow and gradually making bigger changes in your diet will be more sustainable than jumping into things write away.
- Choosing nutrient-dense foods means choose those foods that will provide the most nutrients for the amount of calories
 - For example, a sweet potato over a white potato, and a salad or fruit over french fries
 - More fruits and vegetables, grilled over fried, whole grains over white, and less processed foods!
- Recovery nutrition
 - After a workout, recovery is essential to rebuilding and refuel that muscle tissue with protein and carbohydrates.
 - Choosing a low-fat, high protein, fast-digesting food will optimize your workout and keep you on track with your goals. Try a glass of chocolate milk, greek yogurt with fruit, or a protein bar.

WHAT SHOULD I BE EATING?

Protein

- One thing we may forget in our weight loss efforts is protein. Protein is your friend! Making sure to include a source of protein in each meal will help keep you full longer, and maintain muscle.

- Animal Proteins
 - Lean meats (skinless chicken, turkey, fish, pork, ground meats "90-95% lean")
 - Eggs, milk, cheese, yogurt
- Plant Proteins
 - Nuts, nut butters, soy, beans, seeds, chickpeas, peas, black beans, black-eyed peas, other beans and legumes

Carbohydrates

- You do not need to go extremely low carb to sustain weight loss.
- Carbohydrates are the main source of energy and are what give you the fuel to power through your workouts.
- Additionally, they help deliver protein to your muscles- hence their importance for your post-workout nutrition.
- Go for whole grains when choosing breads and pastas. They will contain more vitamins and minerals, fiber, and protein.
- Carbs for weight loss may include
 - Whole wheat breads and pastas
 - Oatmeal
 - Fruits and Vegetables
 - Brown rice, quinoa

Fats

- Although you are trying to lose fat, it is important to still incorporate it in your diet! Choosing the right kind of fats will be key to support your weight loss.
- We want to eat enough fat to keep our bodies healthy, including optimum nerve and cell functions. Fat helps us absorb other nutrients, and is the main way we store energy.
- Fat is important, but the type of fat we intake is even more important. The healthier fats are unsaturated- which means they are liquid at room temperature (olive and canola oil)
- Healthy Fat Sources
 - Avocado
 - Olive Oil
 - Nuts, seeds, and nut butters
 - Flaxseed and chia seeds
 - Salmon (high in omega-3's)
 - Egg Yolk

SAMPLE DAY OF EATING

- Breakfast: Oatmeal with nuts and berries OR an omelete with veggies and whole grain toast
- Snack: Greek yogurt and granola OR fruit based smoothie
- Lunch: Salad with added veggies, legumes, and a lean protein
- Snack: Veggie based soup OR veggies and hummus or peanut butter
- Dinner: Lean protein, whole grain pasta, veggie of choice

While our goal is to provide education, we are not recommending any specific diet- as everyone is different. Whatever diet you choose, find one that works best for your lifestyle and is maintainable! What works for you may not work for someone else. Additionally, a healthy lifestyle does not have to include a restrictive diet. When paired with frequent exercise, a healthy diet can consist of 85-90% quality calories, and 10-15% of freedom to splurge. If you need additional guidance, think about talking to a dietitian to help you better understand your body and set realistic goals.