

HEALTHY NUTRITION

Tips for maintaining healthy nutrition

STAY HYDRATED

Aim for a minimum of 8 glasses or 2 litres of water per day. Limit coffee, black tea and alcohol – they are all diuretic, which robs the body of fluid



more if you do cardio training or sport



AIM TO EAT WITHIN AN HOUR OF THE DAY

This helps to balance hormones and blood-sugar levels

EAT 4-5 TIMES PER DAY (3 MEALS & 1-2 SNACKS)

Eating smaller meals more often will give you the energy you need throughout the day

1  Breakfast

2  Snack

3  Lunch

4  Snack

5  Dinner

Give your
body a break
& stress less

Eat mindfully and savour your food

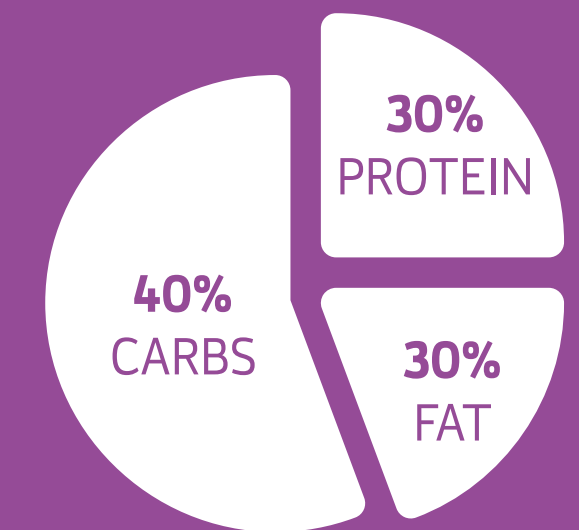
AIM TO GET YOUR CARBOHYDRATES FROM VEGETABLES, FRUITS, GRAINS AND LEGUMES



The fibre, nutrients, and antioxidants will benefit your gut health

CONSUME LESS

White bread, white rice, white potato, pasta and cereal – these tend to build inflammation when eaten in excess. Inflammation damages your healthy body cells and is linked to the development of diseases.



Always aim to eat a balanced meal