



Nutrition Tips to Boost Your Metabolism

- Eat small, frequent meals – every 2 to 3 hours. Don't consume all your day's calories in one sitting – studies suggest this slows your metabolism. It also helps stabilize your energy levels and prevent you from overeating.
- Always eat breakfast! This should be your larger meal, remember you've been asleep and your body has been without food from 6-8 hours!
- Do not skip meals! Your body needs consistent levels of fuel and nutrients to keep it going.
- Prepare meals in advance and carry them with you if going out or heading to work.
- Reduce carb intake as day progresses. No carbs before bed eat protein if hungry. Eat most of your carbs early in the day, by reducing the carbs at the end of the day you reduce the risk of them being stored as fat.
- Eat protein. When you don't eat enough protein, your body has to break down muscle to meet its protein needs; this slows your metabolism
- Eat whole grains, such as brown rice, oats, and whole wheat couscous or pasta. Whole grains contain phytochemicals and antioxidants that are missing from refined grains. These nutrients help to fight a number of diseases. Research suggests that whole grains may be even better than fruits and vegetables as a source of key nutrients for fighting disease.
- Avoid white foods – sugar, white flour, white rice, white pasta, white potatoes, white bread, etc.
- Limit fats to healthy fats. Omega-3 fats (found in fish) have been shown to help overweight people burn more calories.
- Add spice to meals. Peppers can raise your body temperature and help you to burn calories faster. Even mustard has been shown to increase metabolism when added to a meal.
- Eat your veggies. Vegetables are low in calories and can be very filling.
- Limit fruits to low sugar fruits. Apples are lower in sugar than ripe bananas.
- Avoid fruit juices – they are high in sugar, instead eat the whole fruit.
- Consume at least 1 gallon of spring water daily. Water intake may actually increase metabolic rate by up to 30%. Drink cold water, your body actually increases its metabolic rate to warm the water up to your normal body temperature!
- Drink caffeinated beverages in moderation. Drinks, such as tea, coffee, cola and alcohol, contain caffeine, which is a diuretic. This means that these drinks actually cause your body to lose water.
- Take a multi-vitamin/mineral daily.
- Eat healthy all week and treat yourself to ONE "cheat" meal each week. Don't go crazy! Eat healthy portion sizes.