NUTRITION

EAT THIS, NOT THAT

IT'S ABOUT SETTING YOUR INTENTION FOR HEALTHY CHOICES.

What's your go-to snack? When it comes to maintaining healthy nutritional habits, the food you reach for between meals is often the most difficult to plan. In fact, lack of preparation is the most common reason behind unhealthy nutritional habits. An easy solution is to commit to snack prep for each day, but if you're in a pinch we can help with your mid-day trek to the vending machine or café. Here's a list of common "junk food" choices and their healthy counterparts to help reframe your mindset around setting your intention for healthy choices.

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136 calories 2g protein	Jicama (1 cup slices) and guacamole (1/4 cup)	VS	Chili's Skillet Queso with Chips	1070 calories 38g protein
0 calories 0g protein	La Croix Sparkling Water (assorted flavors)	VS	21 oz. regular soda	200 calories 0g protein
100 calories 30.4g protein	Iced Protein Shake: milk, chocolate whey protein powder, ice, banana	VS	McDonald's Medium Chocolate Milkshake	700 calories 15g protein
100 calories 9g protein	Tall skinny vanilla latte	VS	Starbucks Grande Cafe Mocha	360 calories 15g protein
145 calories 2.5g protein	1 serving (about 15) pistachios + apple	VS	1 oz. potato chips	151 calories 2g protein
150 calories 3g protein	5-7 Dark Chocolate Chips + 12 Almonds	VS	Snickers Candy Bar	280 calories 3g protein
210-250 calories 12-15g protein	RX Bar (chocolate sea salt, mint chocolate, chocolate coconut)	VS	4 Double-Stuffed Oreos	280 calories 0g protein
270 calories 15g protein	1 cup Roasted Chickpeas	VS	1 cup Chex Mix	240 calories 4g protein

What you eat matters. Try being more thoughtful about your food choices –
it's a key step in linking your nutrition to your goals. Think about taste and texture, what nutrients it provides, and how it makes you feel. The more you practice this thoughtful approach, the easier it will become.