

I like to follow Dan John's 5 tools when it comes to nutrition.

1) **Eat Colorful Veggie**-It's important that we "Eat the Rainbow" each veggies provides in own unique combination of nutrients. We need a variety of foods in our diet to prevent deficiencies. Broccoli and chicken makes for a great meal just don't make it the ONLY meal.

2) **Avoid Cardboard Carbs**- These are carbs that are stored nice and neatly in the middle isles of the grocery stores. Usually packed with artificial preservatives and salt or sugar that usually don't provide much bang for your buck in nutrition value. I'm not saying never eat carbohydrates you just want them coming from a plants that grew in the ground.

3) **Avoid Frankenstein Fats**- The food industry is quite clever in providing the market with "food" like substances. Many of them contain fats that have been heated and stripped of nutrients that we need so that they can provide a longer shelf life.

4) **Avoid Sugar**- This stuff is addicting and has been shown to be the root cause of many metabolic conditions such as type 2 diabetes.

5) **Forget Perfection and Eat like an adult**- Stop with the sodas and late night stops at the drive through. Eat as close to the earth as possible and keep your meats lean. If you slip up and eat some cake at a birthday it's ok, don't beat yourself up and think one single negative thought. That will only distract you from making a better decision next time.