**Performance Inspired Nutrition**

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**Eating GREEN**

**Eating GREEN means you made healthy choices 95% of each day:**

* Pay attention to food composition
  + Whole foods (healthy) rather than *processed foods*
  + *See healthy food list and foods to avoid list*
* Stick to healthy options for most of your meals and snacks
  + Lean proteins, fruits, veggies, whole grains and healthy fat sources
  + Utilize seasonings to add flavor your meals and when cooking
* Prepare most of your meals and snacks at home – this way you know what is in your food!
* Use best judgement when engaging in social events to keep intake in check
  + Moderation is key and watch your portion sizes!
* Eat in the GREEN and reap all of the benefits
  + Whole food options are richer in nutrients
  + Eating healthier options throughout the day means better energy levels at work and during workouts
  + Improved recovery from workouts
  + Improved sleep quality
  + Overtime, eating healthier choices can improve health status and improve body composition
  + POINTS FOR THE CHALLENGE

IF YOU HAVE MACROS, HITTING THOSE NUMBERS WITHIN 10% WILL COUNT AS EATING GREEN.