



Good nutrition can support your physical goals

Sorry to tell you, but there are no quick fixes that magically lead to nutritional wellness. Years of research shows it comes down to using moderation and making good choices like maintaining a diet rich in lean proteins and plant foods (particularly fruits, vegetables, whole grains, nuts and healthy oils) with limited sweets.

“If you eat well, you feel good,” said Lynne Connor, a Nutrilite™ research scientist. “You are keeping yourself well prepared and fueled for what your body and mind face every day.”

But this is challenging — even though a diet lacking proper nutrition can affect your skin, breath, hair, ability to fight off diseases and overall attitude.

Our Nutrilite™ experts provided some tips to help you make the right dietary choices.

- Experiment. Healthy recipes are endless. Check the library for cookbooks or search the web. If you don't like something, try preparing it differently.
- Practice patience. Change is hard, but knowing the benefits helps. Eventually you'll appreciate the complex flavors and textures of healthier choices.
- Read labels. Portion sizes listed on labels are often smaller than you think. Still hungry? Bulk up your meal with vegetables, which provide healthy calories and phytonutrients, and help you feel full.
- Focus on quality, not quantity. When you treat yourself, make it worth it. Portion out your serving and take time to enjoy.
- Stock up with healthy foods. If you have healthy snacks handy, you're less likely to make bad choices. Make large portions of healthy meals so you'll have leftovers to eat later.
- Learn the power of distraction. If a craving hits, make new habitual reactions, like grabbing an apple, going for a run or drinking water.

Most importantly, make a commitment. “Keeping your goals in mind can really help,” said Connor. “Unless you commit, it will be very difficult to convince yourself to make the tough choices required to achieve them.

Learn more and see what Nutrilite™ offers for your nutritional needs. Visit amway.com/nutrition/nutrilite