

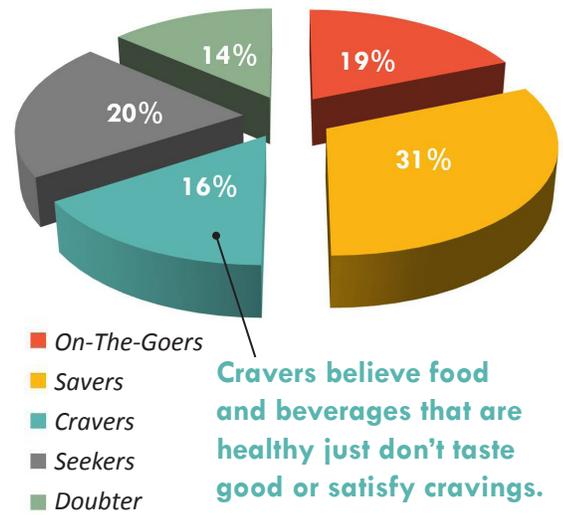
You are a Craver.

Created by Michelle Gillespie, NTP
www.MichelleGillespieNutrition.com

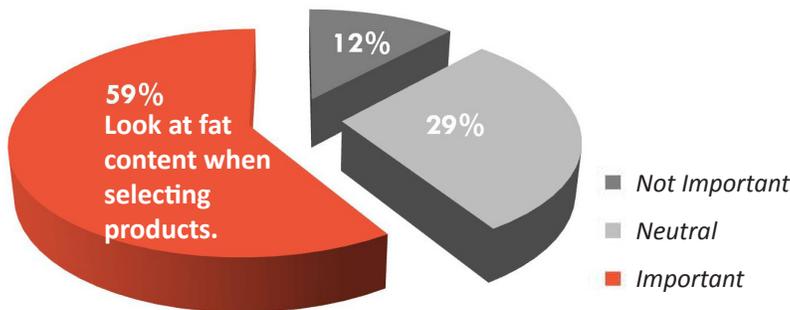
CRAVER Eating better would be easy if it tasted good! When you try to eat healthy, do you feel like you are missing out on the good stuff? You probably love rich, fatty foods, crunchy snacks or decadent desserts and have a belief that eating healthy means bland tasting green smoothies and saying goodbye to your favorite foods. It doesn't have to be that way! It's easy to be healthy eating foods you love, as long as you are eating real foods.

Cravings are a sign from your body that you are missing something. Unfortunately, craving potato chips doesn't mean that you are deficient in potato chips, but it could mean that your body is asking for some fat and salt, both of which can be very healthy if you eat the right foods! Try nuts with sea salt instead. Are you craving sugar? Eating fruit and yogurt might satisfy your craving better than a donut. Are you really even craving food or are you just bored or missing connection with others? Next time you have a craving, try to figure out what it is that your body is really asking for and give it what it needs. Learning how to eat in harmony with your metabolism can make your cravings disappear! Ask me how.

What is your biggest barrier to eating healthier?



How important is fat content when deciding which food and beverage items you will purchase?



Fat content is a determining factor for 59% of people when selecting products. Don't fear fat! We need healthy fats to nourish our brains and produce hormones. Instead of looking at the fat content of a product, look at the type of fat it contains. Stay away from trans-fats created in a laboratory and eat fats that naturally occur in foods (even saturated fat!). Also, avoid products labeled as "low fat" or "reduced fat". Fat equals flavor, so when fat is removed, it's often replaced with sugar which is more likely to pack on the pounds.

5 "Unhealthy" Foods that are Good for You!



1. Red Meat - Red meat is a great source of protein, iron, zinc and Vitamin B-12, but opt for grass fed which has a better Omega-3/Omega-6 ratio.



2. Nuts - Eaten in moderation, nuts provide good quality fat that your body needs. Choose plain nuts not coated in sugar or roasted in oil.



3. Butter - Margarine is a highly refined and processed food that often contains Trans-fats. Even if it says 0 grams of Trans-fats, it can legally contain less than half a gram per serving which adds up!



4. Eggs - The US Government has changed the guidelines on saturated fat and cholesterol. They are not finding a connection between intake of these nutrients with an increase in blood levels of cholesterol.



5. Salt - High quality sea salt that isn't stripped of its naturally occurring minerals can be healthy, but avoid high sodium content in processed foods and overuse of refined table salt.