

Nutrition Focus



1) Eat the right amount of protein, veggies, smart carbs and good fats most of the time based on these [plate](#) and [portion](#) suggestions.

2) Avoid eating foods your body doesn't like. Many clients are sensitive to dairy and gluten. That doesn't mean they can never eat ice cream or eat a bagel, but they know their stomach might not feel great if they decide to indulge. Sometimes it's worth it and sometimes it's not. You get to decide.

3) As you probably already know, drinking alcohol and weight loss don't go well together. Alcohol can change the way your body burns fat. When you drink your body is more focused on breaking down alcohol rather than burning fat. Does that mean you can never drink alcohol while trying to lose weight? Not necessarily, but there are some alcohol choices that are better than others when trying to lose weight. In general:

- 1) beer and dark hard liquors are bad
- 2) wine and light colored liquors are better
- 3) stay away from high calorie mixes

[Low Calorie Alcohol Ideas](#)