

Nutrition Focus 2



- 1) Continue to eat the right amount of protein, veggies, smart carbs and good fats.
- 2) Continue trying to identify foods your body might be sensitive to.
- 3) Don't confuse hunger with thirst.
- 4) Avoid eating too much sugar. The daily recommendation for men is no more than 9 teaspoons or 36 grams and women is no more than 6 teaspoons or 25 grams. Eliminating sugary drinks (yes, that includes Starbucks) is one of the easiest ways to cut back on your sugar intake.