



LAUMIÈRE  
GOURMET FRUITS



# Healthy Tips To Live By

**Your Guide to Making Better Choices**

*Featuring 35 Top US Based Nutritionists, Dietitians and Fitness Experts*

# Welcome

## — Laumière Gourmet Fruits —

I love making New Year's resolutions. While January 1 might be an arbitrary date for some, I believe it benefits us to ask ourselves, "What would I like to change about my life? How could it be better than before?" as we start the new year.

Most of us have a list of things we'd like to do better, and very often, these things involve making new habits: exercising and losing weight, sleeping more, embarking on adventures, discovering food, relaxing, and so on. At Laumière Gourmet Fruits, we are always brainstorming on what we can do to give back to you and this year we are excited to be part of your New Years' resolution. We thought of the most frequent New Years' resolutions and for many of us, it entails eating healthy. So, we reached out to top nutritionists, dietitians, and fitness experts and got so many good responses that we handpicked 19 of the most relevant tips and came up with this e-book! The book contains tips on how to keep healthy in 2022 and keep up with the health-based resolutions. These tips range from self-reflection, what to eat, when to eat, and inno-vative tips on how to get the entire family involved. All the strategies are powerful and effective, but some are more versatile than others. I hope they resonate with you as much as they do with me and my team.

I believe 2022 will be a volatile yet an amazing year, only for those who choose to make it. If you're having the right thoughts, encoding the right habits, and making wise moves, 2022 will be your year! We hope this e-book helps you make the most out of 2022. Here's to a great, healthy, and positive 2022.

*Varun Sharma*

CO - Founder

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# Healthy Meal Tips

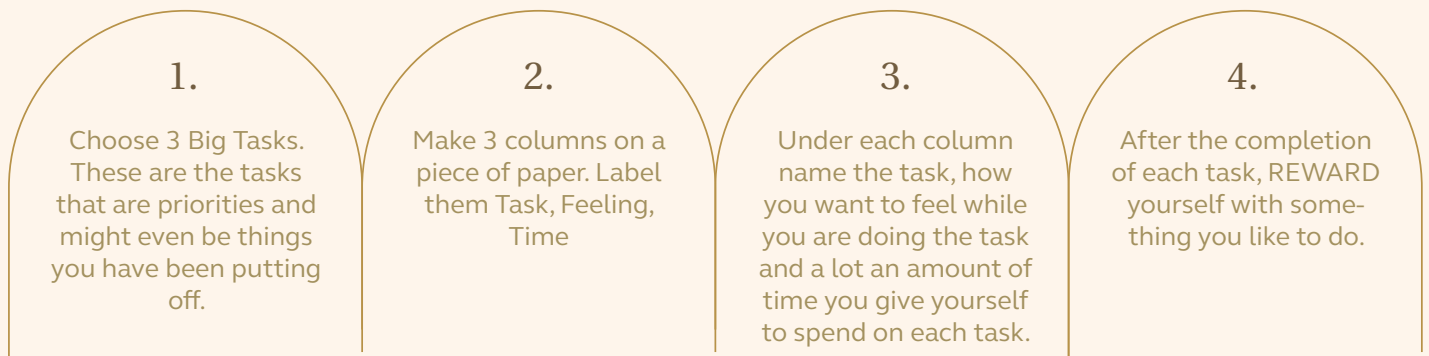
- Task, Feeling and Time
- Health: Long term goal
- Make a new year resolution, a fun activity.
  - Make Goals More Specific
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# Task, Feeling and Time

"Is your To Do list a mile long? And at the end of the day, do you have several items that get pushed to the next day? Lets try a technique based on the idea that less is more.

When beginning your day think about your long term vision and goals. Use the following steps to guide your day.



## Example

Sarah is working on revamping her website. Today her 3 big tasks (1) write copy for the Home page (2) meet with her web designer and (3) guest appearance on a podcast

Task	Feeling	Time
Write Copy	Excited	1 Hour
Meeting	Focused	1 Hour
Podcast	Enthusiastic	1 Hour

At the end of the day, Sarah feels refreshed not stressed.

*Gina Fontaine*  
*Certified Personal Trainer*  
*and wellness coach*  
[www.ginafontaine.com](http://www.ginafontaine.com)



# Health: Long term goal



Health is not a short-term concept, it's a journey. Have long-term goals and aim for lifestyle changes. Add healthy herbs, nuts, fiber-rich foods to your diet and cut down the consumption of processed foods and additives.

If you consume caffeine or alcohol, try reducing it over time and move to healthier alternatives like herbal teas.



*Tom Miller*  
*Content Strategist at FitnessVolt*





# Make Goals More Specific

Staying motivated is extremely difficult if you do not have specific goals. Know what your goals are and how you are going to get there. Remember the reason why you are on this journey.



*Terrance Hutchinson*  
CEO [www.Yourbestlifestyles.com](http://www.Yourbestlifestyles.com),  
[www.Diabeticcuisines.com](http://www.Diabeticcuisines.com)







# Make a new year resolution, a fun activity.

The best way to teach your children the understanding of resolutions is to make it part of the family tradition.

Sit down every December and discuss your achievements and goals as individuals and as a family, and think about the past year.

You can talk about what everyone did, and couldn't able to do this year.



*Shannon Henry*  
*Registered Dietitian (RD)*





# Start small

"Start small. As mothers, we have so much on our plate. Start with one small change you can make to keep yourself and family healthy. And with that, make sure to give yourself lots of compassion if it's not working out. You are not failing.

What might a small change be? Can you serve your family a semi-home cooked meal once a week? Can you work to spend one more family dinner together?

Being healthy is not just about the food we eat, but also about being together as a family, modeling the behaviors we want our kids to exhibit, and taking care of ourselves."



*Rachel Rothman*  
[www.nutritioninbloom.com](http://www.nutritioninbloom.com)





# General Good Habits

- Gratitude Fills Us
  - Delegate
- Self-Awareness, Active Behaviors, and Simplicity
  - Make time for yourself



# Gratitude Fills Us

There is good news for overcoming our bad habits. It takes about 400 repetitions to form new synapses in the brain that create new habit patterns. But if done playfully, it takes only 10-20 repetitions to form these improved circuits. Therefore, the quickest way to create a positive neurological shift is to do it joyfully! And what creates joy instantaneously? Gratitude!

Any moment that we are experiencing gratitude is a moment we are not spending being miserable. So try practicing gratitude throughout the day - and over the simplest pleasures in life - those things you normally overlook and take for granted. Open a window to feel the soft breeze. Luxuriously stretch. Slowly savor a juicy orange.

Then whenever you become aware that you are overeating, for instance, think of what else you could do to enjoy the moment. Put on music and dance? Open that window again, and breathe in deeply. Wow, just as you bring more sweetness into your life, suddenly that big tin of cookies isn't calling your name so loudly!

Why does this work? It's because you have replaced the sense of scarcity in your life with the empowering recognition that there is an abundance of other ways to bring pleasure into your life!

We break bad habits and form new and beneficial ones fluidly -not with restrictions - but through mindfully experiencing other simple pleasures in life instead. Yes, through practicing gratitude for natural pleasures - including whole food that was designed to be both delicious and nutritious (instead of delicious and addictive like junk food) - we can actually fill our genuinely hungry core.

*Bracha Goetz, MA*  
*Harvard-educated wellness expert and the*  
*author of 41 books that help souls shine:*  
*[www.goetzbookshop.com](http://www.goetzbookshop.com).*





# Nutrition Label & Ingredient Lists



You are already juggling a lot for the entire family every day, so the first step is to delegate: take some things off of your plate so you can focus on getting healthy items on to theirs. Rather than making a pronouncement that the family is getting healthy this year whether they like it or not, get the kids involved! Encourage them to cook with you and assist with picking out recipes.

Kids develop so quickly; it's easy to hold on to responsibilities out of habit that they are more than capable of taking on themselves. Consider whether older children may even be able to take the lead on preparing dinner some nights of the week. This not only teaches valuable life skills, but shows the amount of work that goes into feeding a family, builds familiarity with the ingredients they're about to consume, and sets the stage for mindful eating.

This is a great opportunity to discuss as a family where our food comes from and the importance of selecting what goes into our bodies.

*Holly Krystal*  
*Health & Movement Coach,*  
*[www.HollyKrystal.com](http://www.HollyKrystal.com)*





# Self-Awareness, Active Behaviors, and Simplicity



Health is very simply to be and function well in the core areas of your life.

The recipe to achieve this is straightforward too: slow down and listen to what you really want and need for yourself and your family, focus on the active behaviors that you can maintain today and for coming days, and keep it simple.

Your healthiest life is within your reach everyday.

*Angelo Keely*  
*CEO, Founder. Kion.*  
[www.getkion.com/](http://www.getkion.com/)



# Make time for yourself

It's important to schedule some time each day for yourself, even if it's just 10-15 minutes.

During this time, you can do something that you enjoy, like taking a walk, reading a book, or taking a yoga class.



*Ling Ling Fung*  
*CEO at Metro Baby*  
*[metro-baby.com.au](http://metro-baby.com.au)*





# Healthy Meals Tips

- A little planning goes a long way
  - Avoid Preservatives
  - Follow the plate method
  - Keep Well Stocked Pantry
  - Meal Prep can be easy!



# A little planning goes a long way



We have all heard it before; planning is half the work, with a proper plan executing whatever you are hoping to achieve is so much easier.

The same can be said of meal planning, a lot of time is spent thinking up nutritious and tasty meals, grocery shopping, cooking and cleaning up. But for anyone with kids and limited time, I recommend a rota system, having a repertoire of approx 10-15 meals which you know can alter slightly (eg. using cauliflower rather than broccoli) and carving out 2 hours on a Sunday to plan the meals for the week.

This can be an activity in which you involve your children, so that you engage them in food and nutrition!

*Roxane Bakker*  
*Head of Nutrition, Registered*  
*Dietitian at Vitl*  
*[www.vitl.com](http://www.vitl.com)*





# Avoid Preservatives

Most packaged and processed foods may be convenient and readily available when you need them, but the downside is that those preservatives used to keep them are highly toxic to the system and over laboring your organs.

Eat more fresh whole food and make more home-cooked dishes.



*Jori Patton*  
*Marketing Manager and Designer*  
*Trained nutritionist*



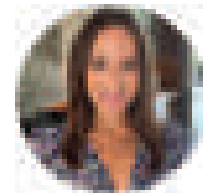


# Follow the plate method

Fill half your plate with non-starchy vegetables, one quarter of the plate with lean protein, and the last quarter of the plate with high fiber carbohydrate foods.



*Jenna Appel, MS, RD, LDN, CDCES  
Registered Dietitian,  
Owner of Appel Nutrition Inc.  
[www.appelnutrition.com](http://www.appelnutrition.com)*



# Keep Well Stocked Pantry



My number one tip to cutting down cooking time is keeping a well-stocked pantry.

It's like having a permanent shopping list keeping all your basics on your shelves, such as low sodium broths, canned tomatoes, whole wheat pastas, frozen and canned veggies.

This allows you to pull an ingredient out of the pantry and whip up a go-to nutritious meal in minutes without having to stress about what is for dinner.

*Lee Jackson, LDN, RDN  
Registered Dietitian  
TheHealthyCookingBlog.com*







# Meal Prep can be easy!

One quick hack I like to use is to buy a bigger package of chicken than you would use for a meal (maybe 2-3 meals out of it). Divide up the package into the meal you are about to cook and with the remainder of the chicken, switch up the seasonings and marinades on it.

I have my clients use Ken's Simply Vinaigrette because there's low to no sugar and they taste great! As you are cooking for that night you can cook the other chicken to keep in the fridge.

That way you have a quick meal on a busy night or you can throw it on a salad at lunch. It take out the need to pit stop and grab a pizza on the way home or eat whatever is close by at work!



*Heather Carroll*  
*A Balanced Life Training*





# Mental Health Tips

- Find Stillness and Silence
- Schedule Self-care

# Find Stillness and Silence



"Each day find time to push the stop button in a silent space. Hear the sound of your own breath and heart beat. Practice deep breaths from the belly. Long and exaggerated inhalations and even longer and lengthier exhalations. Sticking out your tongue with an audible ""HAaaaaaaa,"" on your exhalations will not only relieve anxiety and stress, it will eliminate tension in the jaw, head and brow area.

Make this a non negotiable in your routine - even if it has to be a few moments at work in the bathroom stall. Create space to breathe deeply and press pause. This vital time is a chance to check in with yourself: mind, body, and spirit - to notice what you notice. How are you feeling? What [or who] do you need to let go of?

Inhale.  
Exhale.  
Repeat."

*Michelle Thielen*  
*Founder of YogaFaith*  
*yogafaith.org*





# Schedule Self-care



"Women in general take up the lion share of the duties in the home, but now have increased demands and decreased time for work. Moms have taken on the brunt of the homeschooling, chores, even had to quit their jobs during this time, and are very burned out.

It is very important to carve out at least one moment in your day for some form of self-care. Whether it be exercise, a nice hot bath, a walk outside, time spent playing outside with your kids and pets, or to find support when you need it. Be more assertive with your spouses to get more help if you have generally taken on more. It is really important to create a regular schedule that includes time for yourself that you can rely on to keep from being overwhelmed.

Make your self-care time allotment realistic. You are more apt to do this every day if you schedule 10-15 minutes of self-care as opposed to 1 hour. Attach your self-care to another behavior you perform regularly every day. For example, meditate for 15 minutes right after your alarm goes off, or exercise for 20 minutes when you put the kids down for their nap."

*Dr. Supatra Tovar*  
*Clinical Psychologist, Registered Dietitian, Fitness*  
*Expert. Dr. Supatra Tovar & Associates*  
*[www.drsupatratovar.com](http://www.drsupatratovar.com)*





# Movement Tips

- Make movement a priority multiple times a day.



# Make movement a priority multiple times a day.

The Centers for Disease Control recommends at least 150 minutes of moderate movement a week to reverse prediabetes and prevent type 2 diabetes.



*Kathy Gregory  
Diabetes Prevention  
Program Coach, First Mile Care  
([www.firstmilecare.com](http://www.firstmilecare.com))*





# Physical Health Tips

- Exercising Together
- Make time to exercise and eat a clean diet



# Exercising Together

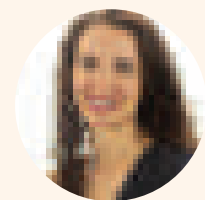


Exercising a family is great for mental and physical health.

If you cannot do the exercises alone, hire a professional fitness to help you.

Similarly, if lifting weights is not your thing, go for hikes as a family."

*Jennifer House*  
*Owner & Dietitian at First Step Nutrition*  
[www.firststepnutrition.com](http://www.firststepnutrition.com)



# Make time to exercise and eat a clean diet

"For me, I like to do this in the morning when I am fresh and caffeinated! I spend about 20 to 30 minutes per day doing weight bearing exercises in my heated garage while my kids are nearby. I can see them and they know that this is mommy's time to exercise.

I also eat a very clean diet with lots of whole plant-based foods, such as fruits and vegetables. I choose lean protein (fish, chicken, grass-fed beef) and omit all refined sugars. I also take multivitamins and supplements that support gut health (probiotic, krill oil, turmeric, l-glutamine, zinc, etc.) and drink lots of green tea with lemon.

I find that it helps to be prepared during the day so that when hunger strikes, you have a plan. I have snacks nearby that allow me to make healthy choices, and I do the same for my kids. But there is a lot of trial and error. Don't be too hard on yourself and remember that health is a lifelong process - not something you will achieve within one year. "



*Heather Hanks*  
*Medical Solutions BCN*  
[www.medical-solutions-bcn.com/en/](http://www.medical-solutions-bcn.com/en/)





# Nutritional Tips

- Remove Negative Self-body Talk
- Surround yourself with healthy options
  - Change Your Food Environment
  - Don't make food a fight at the table
- Don't think of making nutritional changes as a diet.
  - Eat nutrient-rich foods
  - Exercise is the secret to better health
- Aim to eat a diet made up of 80% whole foods



# Remove Negative Self-body Talk

## Allow Your Kids to Grow up Loving Their Bodies

*Our children are listening, and it's not just about our daughters!*

It has become "normal" for women to gather and talk about our weight and how unhappy we are with our bodies. Many of us lose our body trust from either the words of a parent, caregiver, someone at school, a physician or images of diet culture that we see in social media or magazines. This negative messaging is one of the main reasons we have body dissatisfaction and believe that our bodies are not enough or don't meet the "thin ideal." It's time to be aware of how our negative self-talk impacts ourselves and those around us.

*Common phrases that come out of our mouths are:*

*"I shouldn't have this; I've been so good all day!" and "I need to work off that dessert!"*

This messaging continues with comments we often say when we greet someone: "You look great, have you lost weight?" That simple sentence has far-reaching depth. It starts with the underlying meaning that their body did not look "good" before. In addition, with that phrase, you could be supporting someone who has disordered eating or an eating disorder. It's time to learn not to comment on anyone's body, including our own!

### ***What can you do?***

You can be the change! The next time you gather with friends or family and the conversation becomes negative with body bashing and shame; you can:

- Offer yourself compassion as you would others.
- Say something daring that you love about your body.
- Disengage from the conversation
- Change the topic

*Our children are born loving their bodies.  
When they see you embracing your here  
and now body, they learn to listen, trust  
and respect theirs.*

*Lisa Dahl  
Intuitive Eating and  
Body Image Health Coach  
[www.lisadahllwellness.com](http://www.lisadahllwellness.com)*





# Surround yourself *with* healthy options

"Mostly you eat what you find around you. If you load your fridge with junk, you will end up eating that, so as a resolution, start buying healthy options for your meals and snacks so that whenever you crave to eat, you find only healthy options and end up having guilt-free meals.

Selecting healthy options over junk is the first step to your health and fitness journey. "

*Mehak Naeem*  
*Registered Dietitian Nutritionist,*  
*The Candida Diet*  
[www.thecandidadiet.com](http://www.thecandidadiet.com)





# Change Your Food Environment

Don't overcomplicate this!

Changing your food environment can make it much easier to eat more fruits and vegetables and decrease consumption of chips, cookies, cereal etc. Put a fruit bowl prominently on the counter. Store fruit/vegetables in clear containers in the fridge, already cut up or washed and ready to eat. Mason jars are great for this purpose.

Take foods you do not want to eat and put them in a spot you don't see, like the back of the fridge or freezer, or the highest pantry shelf. Store them in an opaque container instead of the bright colorful packaging it comes in.

If you don't see it, you're less likely to want it. And if you DO see it, you're more likely to eat it.



*Bonnie Campbell*  
*The Nourished Path*





# Don't make food a fight at the table

The most important thing you can do to make mealtimes more enjoyable for everyone and actually encourages your picky eater to try new foods on their own?

Don't pressure them to eat anything! Asking them to take a bite, bribing with dessert, comparing to a sibling or telling them they need this food to be healthy...just produces a pickier eater who eats less.

Once you've placed the food on the table, it's up to them how much (or if) they eat. It's easier for everyone!



*Nataly Komova*  
*Nutritionist and fitness expert*





# Don't think of making nutritional changes as a diet.



Don't think of making nutritional changes as a "diet" and here's why: When you tell yourself that you are going to go "on" a diet, you're automatically implying that you will eventually go "off" of it once you get to your goal and go back to doing what you were doing previously.

The better, more sustainable approach is to make changes that you can stick to forever without compromising your lifestyle. Shifting your mindset in this way is going to change how you approach your goals and make it a much more enjoyable process.

*Emily Spicer*  
*Founder of Emily Spicer Coaching*  
[www.emilyspicercoaching.com](http://www.emilyspicercoaching.com)







# Eat nutrient-rich foods

Eating a variety of nutrient-rich foods is important for overall health. Make sure to include fruits, vegetables, whole grains, low-fat dairy products, and lean protein sources in your diet. Avoid processed foods, which are often high in sodium, sugar, and unhealthy fats.

Instead, focus on eating whole foods whenever possible. Also, drink plenty of water: Staying hydrated is important for overall health, especially if you're trying to lose weight. Make sure to drink plenty of water each day.



*Jay Cowin*  
*Registered Nutritionist, ASYSTEM,*  
*[www.asystem.com](http://www.asystem.com)*



# Exercise is the secret to better health

## Force yourself to workout.

Cardio, to lose calories

HIIT (High-Intensity Interval Training), to burn fat

One rest day if you need it

Compound lifts/ weightlifting in general

The process is simple, the hard part is pushing through to the end. It takes 21 days to form a habit and 90 days to form a lifestyle.

Now, your goal is to achieve and break the 90-day target and you are set! How to do that you ask? Set up a plan, train 30 mins each day for 21 days, take a 2-day break.

Then training 45 mins each day for the next 21 days, followed by a 2-day break, then bump it up to 60 mins per day and so on till you reach your target and it becomes a lifestyle! Always keep your end goal in mind.

*George Yang*  
*Founder of Yanre Fitness*







# Aim to eat a diet made up of 80% whole foods

Limit processed foods and eat a diet primarily comprised of healthy/whole foods!

Still allow 20% of your diet to come from "fun" foods. Everything in moderation!



*Karen Brein*  
*Founder, Happy Mama Nutrition,*  
*[www.happymamanutrition.com](http://www.happymamanutrition.com)*





# Nutritional Tips Cont.

- Avoid Ultra-processed Foods
  - Consume Prebiotics Daily
- Get a Nutrient Test to Lay the Groundwork for a Healthier Life
  - Possible Reasons Why You're Always Hungry
    - Select more whole foods
    - Start Slow | Pace Yourself
    - Take control of your hunger
      - Drink More Water!

# Avoid Ultra-processed Foods

Ultra-processed foods are made from fats, starches, or sugars extracted from natural foods and include foods like frozen or pre-made meals, fast food, deli meat, chips, packaged cookies, and crackers.

These foods can disrupt your hormones and the signals between your gut and your brain that tell you when you are full, leading to weight gain and obesity. Minimize these foods for you and your family and opt for freshly-prepared meals and snacks instead.



*Sara Zellner*  
*Founder & Owner, Saz Healthy Living,*  
*[www.sazhealthyliving.com](http://www.sazhealthyliving.com)*



# Consume Prebiotics Daily

"There is a strong connection between gut health, immunity, inflammation, and mood, so including foods in your and your family's diet that improve the gut microbiome is essential to good health.

One of the best ways to improve gut health is by consuming prebiotics, which acts as fuel for the beneficial bacteria in the gut. Prebiotics can be found in a range of foods, however, they are not so commonly consumed on the daily, such as Jerusalem artichokes, resistant potato starch, legumes, cooked and then cooled potatoes and grains, and in green bananas in the whole form or easily added to smoothies and oatmeal.

If you or your little ones are picky eaters, try healthy snack food alternatives that contain prebiotic fiber as a key ingredient."



*Kara Landau*  
*Kara Landau, gut health expert*  
*RD and founder at Uplift Food.*



# Get a Nutrient Test to Lay the Groundwork for a Healthier Life

We all need six nutrients and in the right amounts to be our healthiest. These are carbohydrates, minerals, vitamins, protein, fat, and water. A deficiency or imbalance in these nutrients puts us at risk for developing a wide variety of acute and chronic diseases.

Symptoms of nutrient deficiencies can initially be vague and nonspecific, so it is not always easy to know if we have a nutrient deficit. Understanding and testing for deficiencies during childhood is also important since these can lead to several developmental disorders or impairments.

By getting a nutrient test, you will know where you stand and what your body needs. You can then work with a competent healthcare practitioner to tailor your diet and lifestyle accordingly.



*Joy Stephenson-Laws*  
*Founder, Proactive Health Labs (pH Labs),*  
*[www.phlabs.org](http://www.phlabs.org)*

# Possible Reasons Why You're Always Hungry

1. Low protein intake - Protein (among other things) helps with satiety. Aim to consume lean meats and even play around with vegetarian products like tempeh and tofu!

2. Low fiber intake - Fiber also helps satiety! But you must also ensure you drink sufficient fluids (mainly water) to prevent uncomfortable bloating. You can find fiber in fruits, vegetables and whole grain products (Aim to reach: 25g not 25g and 35g not 35g a day for men). Remember, aim to have a mix of soluble and insoluble fiber!

2. Low fat intake - Yes, this may be a shocker. But similar to protein, fat helps with satiety. However, it's vital that we don't over consume fat, especially saturated and trans fats. Aim to consume from healthy sources such as fatty fish, olive and avocado oil to get mono-unsaturated and polyunsaturated fats.

3. Too many (simple) carbohydrates - Meals and snacks high in carbs (especially refined/simple carbs) may cause a spike with blood sugars followed by drastic decrease, leading to hunger! It's all about adequate intake of carbs with each meal to prevent this from happening (and stick to complex carbs since they allow the decrease of blood sugar to be a slow and gradual process)

3. Inadequate sleep - Yes, sleep can also affect your caloric intake. Inadequate sleep can affect your hormones, specifically ghrelin. Ghrelin is known as the "hunger hormone", so if it's continuously high, your caloric intake can also be high, so let's get some good sleep! Bye midnight tik-tok videos!

4. You're always stressed!- This can lead to emotional eating and changes with hormone levels such as cortisol. It's VITAL that you practice stress management techniques to prevent chronic stress.

*Naria Le Mire*  
*Owner of Naria Le Mire Nutrition*  
*LLC. Website: [www.nariale-mire.com](http://www.nariale-mire.com)*





# Select more whole foods



"STOCK UP on healthy food for you and your family. If you have the healthy food/snacks around, that's what you will eat. Keep the fridge stocked with apples, oranges baby carrots, and other simple grab and go healthy foods. These are affordable as well.

Eat WHOLE foods and keep ultra-processed foods away. Fruits, veggies, fish, beans, and nuts are some great food choices."

*Dr. Lisa Young  
Nutritionist and author of  
Finally Full, Finally Slim;  
Drlisayoung.com*





# Start Slow | Pace Yourself

The biggest issue many people face with New Years resolutions is biting off more than they can chew.

When we decide to make a lifestyle change, it should be implemented gradually to help promote success (i.e. cutting out one thing at a time, or adding in 1-2 days of exercise and then working up from there).

Those who go full steam ahead often find the change unsustainable and relapse into their old habits fairly quickly.



*Kristin Gillespie*  
*Writer/ Editor at*  
*[www.drinkfiltered.com](http://www.drinkfiltered.com)*





# Take control of your hunger



If you feel hungry all the time, you'll want to take a look at your diet. From a nutritional standpoint, you might feel hungry often if you are consuming a diet that is not balanced.

For example, if your diet consists mainly of simple carbohydrate from white bread, rice, sweets, etc., you likely won't be able to feel full for long. Simple carbohydrate is digested quickly and doesn't fill you up.

To feel full, you need a balanced diet that contains enough protein, fiber and fat, which take longer to be digested.

*Jinan Banna*  
*Founder, Jinan Banna LLC,*  
*[www.jinanbanna.com](http://www.jinanbanna.com)*





# Drink More Water!

One should drink their body weight in water every day! It's as simple as carrying a water bottle around.

If you see it you will drink it!











*Alicia Parker*  
*Fitness Coach at Jack City Fitness*  
[www.jackcityfitness.com/](http://www.jackcityfitness.com/)



# About Us

We are a small business based in Bakersfield, California that explores the unique connection between luxury and nature in an undeniable quest to blend gourmet excellence with a healthy lifestyle. We strive to curate premium artisan dried fruit-based products and delve deeper into healthy premium food. Our collections are 100% natural and with no added preservatives, refined sugar, or additives.

-   
All Natural  
Ingredients
-   
Kosher  
Certified
-   
No Refined  
Sugar
-   
Vegan
-   
Vegetarian
-   
Gluten  
Free
-   
No  
Preservatives
-   
Superfood  
Rich

We believe in seeking a healthy balance of delicious and luxury. With expertly dried fruits that reverberate throughout the food industry, we have chosen to pave the way for better living. Aiding your physical, mental, and emotional wellbeing, Laumière establishes a connection with your taste-buds that transcends the norm. Packed with flavor, we have formulated the perfect collection of dried fruits & nuts based assortments that are designed to impress.

Gift Giving, celebrating, or simply for self-indulgence, we are here to serve exceptionally crafted treats.







We curate collections for different occasions.  
Some of our best seller collections are:





LAUMIÈRE

GOURMET FRUITS

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