



# HEALTHY **EATING** TIPS

**54D<sup>®</sup>**  
**ON**

**+ LOWER BODY**

**54D<sup>®</sup>**  
**ON**

**+ UPPER BODY**

## // HEALTHY EATING TIPS

The perfect diet does not exist, what is really important is the **quality of our food**. The amount of calories we consume per day matters, but the nutritional quality of the food where those calories come from is more important. Instead of choosing foods based on caloric value alone, **think about choosing high-quality**, nutrient-dense, healthy foods, including unrefined and minimally processed foods such as vegetables and fruits, whole grains, healthy fats and lean sources of protein.

**Limit foods of low nutritional quality** that do not provide nutrients and are loaded with "empty" calories such as: highly processed snacks, sugary drinks, refined flours, sugar, fried foods, foods high in saturated and trans fats, and high in sodium.

These recommendations will allow you to stay focused on your goals and **continue building a healthy lifestyle**.





# PROTEIN

Not all **PROTEIN** sources foods are the same, since they all come with a "package" included and these nutrients that accompany the proteins are the ones that make the difference in the quality and the impact they have on health. Some examples are those that come with a high amount of saturated fats such as red meats that are not lean, or those foods that contain protein but, with a high amount of sodium as is the case of sausages or those foods that contain protein but, also fiber as is the example of legumes.

Choose lean red meats, white meats, fish, eggs, seafood, legumes and nuts or dried fruits; limit high-fat red meats and high-fat dairy products; avoid foods low in nutrients that may pose a risk to your health such as bacon, sausages and other processed meats.



**54D<sup>®</sup>**  
**ON**  
+ LOWER BODY

**54D<sup>®</sup>**  
**ON**  
+ UPPER BODY



# CARBOHYDRATES

Not all **CARBOHYDRATES** are the same. Whole grains offer a "complete package" of health benefits, containing fiber, vitamins, zinc, magnesium, antioxidants, and phytochemicals, which, unlike refined grains, lack nutrients due to their manufacturing process. Choose carbohydrates such as quinoa, amaranth, brown rice, wild rice, oats, natural corn.



# FATS

**FATS** are an essential macronutrient for the proper functioning of our body, but it is important to understand that just like carbohydrates and proteins, they are not all the same. Contrary to old nutritional recommendations promoting low-fat diets, we now know that healthy fats are necessary and beneficial if consumed in moderation. Foods high in good fats are vegetable oils (such as olive, avocado, chia), nuts and seeds. Avoid saturated fats that can generate health risks such as those found in processed products such as packages, fast foods, sausages.



**54D<sup>®</sup>**  
**ON**  
+ LOWER BODY

**54D<sup>®</sup>**  
**ON**  
+ UPPER BODY



# VEGETABLES AND FRUITS

**VEGETABLES AND FRUITS** are a fundamental part of a healthy diet. Fruits should be consumed whole, NEVER in juices. Remember that they are the most natural foods we can find, and they are also rich in nutrients such as vitamins, mineral salts, antioxidants and fiber; they are also low in calories and favor the elimination of toxins from the body.

**WE RECOMMEND INCLUDING ALL THESE NUTRIENTS IN YOUR DIET  
ON A DAILY BASIS.**



**54D<sup>®</sup>**  
**ON**  
**+ LOWER BODY**

**54D<sup>®</sup>**  
**ON**  
**+ UPPER BODY**

## **/// WATCH OUT WITH:**

- Cold cut meats, that are considered ultra processed foods, that provide protein but with a high content of sodium, saturated fats, nitrites and artificial additives.
- Sugar (white, brown, coconut, honey, agave, syrups) and foods with added sugar: we consume more sugar than we realize. It's important to be aware of how much sugar you consume, our bodies don't need sugar to function properly. Added sugars contribute zero nutrients but many added calories.
- Alcohol
- Fried foods
- White flour
- All dairy products except 0% fat Greek yogurt
- Cold cut meats
- Fruit juices
- Energy drinks

**54D**  
**ON**  
**+ LOWER BODY**

**54D**  
**ON**  
**+ UPPER BODY**

**54D<sup>®</sup>**  
**ON**

**+ LOWER BODY**

**54D<sup>®</sup>**  
**ON**

**+ UPPER BODY**

This material is protected by copyright and trademark law. You may not sell, alter, reproduce or distribute any part of this material to any other person on any medium. When material is provided to you in electronic format, you may only print for your own private use. Failure to comply with the terms of this warning may expose you to legal action for copyright and/or trademark infringement.