

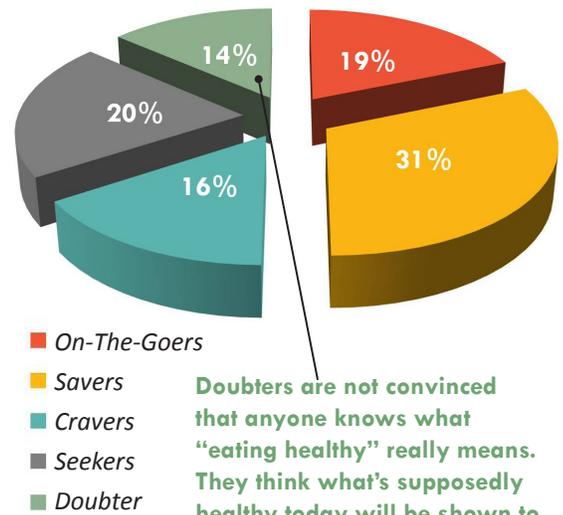
You are a Doubter.

DOUBTER You may think organic products are a scam or eating foods containing non-natural ingredients won't affect your health. You're probably skeptical about nutrition related studies and health claims. I don't blame you, I can see why one might feel that way. One day butter is better and the next day, margarine is better, then butter again. Eggs also flip-flop between being a health food and a food to avoid. There are at least three dietary strategies to eat better that hopefully we can all agree on.

1) Eat a variety of colorful fruits and vegetables. Enjoy whatever fruits and veggies appeal to you, the fresher the better. Maybe even grow your own! 2) Cut back on sugar. Sugar is not a health food and contributes to weight gain, dental issues, fatigue and just about everything else. Don't replace it High Fructose Corn Syrup or artificial sweeteners either. Stick with sugars found in nature like fruit and honey. 3) Trans-Fats - while there are differing opinions on saturated fat, polyunsaturated fats, etc, most people will agree that Trans-fats are not health building foods and should be avoided. To avoid trans-fats, don't eat anything that says "Hydrogenated" or "Partially Hydrogenated" in the ingredient panel.

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What is your biggest barrier to eating healthier?



Doubters are not convinced that anyone knows what "eating healthy" really means. They think what's supposedly healthy today will be shown to be unhealthy tomorrow.

Flavor Infused Water

Cut down on sugar by swapping sugary beverages for water energized with fresh fruit, veggies and herbs. Sparkling water works well and gives your drink the refreshing crispness that you enjoy in other carbonated drinks, but still water works well too. Try my unique flavor combinations for a tasty, hydrating beverage that adds nutrients into your body instead of taking them away.

Flavor Combinations

Cucumber Lemon Kiwi Apple
Watermelon Mint
Strawberry Lime
Cucumber Mint
Pineapple Celery
Raspberry Peach
Watermelon Rosemary
Orange Ginger Lemon
Blueberry Basil



How important is it to improve your overall diet?

Only 30.4%

of Loyalists view their overall diet as being "very healthy"

Despite their often skeptical nature, most doubters still want to eat better. Check out the tips to the right for easy ways to improve your diet.

Eat Better Simply

Without changing where you shop, you can improve your nutrition and overall health by making small changes to what you buy.

- Consider buying products with short, easy to read ingredient panels.
- Opt for plain yogurt or cereal over flavored and add your own fruit to reduce sugar content.
- Choose frozen veggies and fruits over canned.
- Don't buy "Light" or "Reduced Fat" products. They often swap the fat for added sugar which is more likely to pack on extra pounds!
- Choose Butter over Margarine. It tastes better and is better for you.