

Nutrition Matters

By: **Lisa Turan, Director of Mountain Life Fitness Nutrition Consulting Program**

The more you understand about food and nutrition the easier it is for you to incorporate healthier changes into your kitchen and onto your plate. One of the most challenging aspects of creating an authentic, healthy nutrition program is to dissect and understand nutrition labels, which can be confusing.

Consequently, I will be presenting a nutrition workshop at Mountain Life Fitness on February 6th that will teach you how to read a nutritional label with confidence. While the focus of my practice is on food that is grown or raised (no labels), I am sympathetic to the fact that people become busy and may consume pre-packaged foods. Therefore, it is prudent to understand what you are purchasing.

Attending this workshop will provide you with the following information:

- An understanding of what foods to choose, what foods to avoid and why.
- Understanding that making healthy choices is not about deprivation.
- Practically applying this knowledge so that you may make healthier choices and create delicious substitutions.

Food for thought:

- Artificial colors are identified by a number. Food does not grow by numbers. If it has a number, avoid it.
- If an ingredient does not spell out a word and is in all capital letters, it is not a food. Avoid it.
Example; MSG, BHA, BHT.
- If your grandmother would not recognize what it is or you cannot buy it, avoid it. Example; acetaldehyde diisoamyl acetyl (synthetic flavoring). Sounds delicious, right?

Additionally, in conjunction with the Mountain Life Fitness Nutrition Consulting Program, as program director, we are offering you a complimentary 20 minute nutritional consultation at Mountain Life Fitness. You may register at the reception desk.

Register for this outstanding opportunity to discuss your nutritional needs with an expert and have access to a program that will provide you with life-long nutritional health.

