

NUTRITION TIPS TO FEEL YOUR HEALTHIEST

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REGISTERED DIETITIAN
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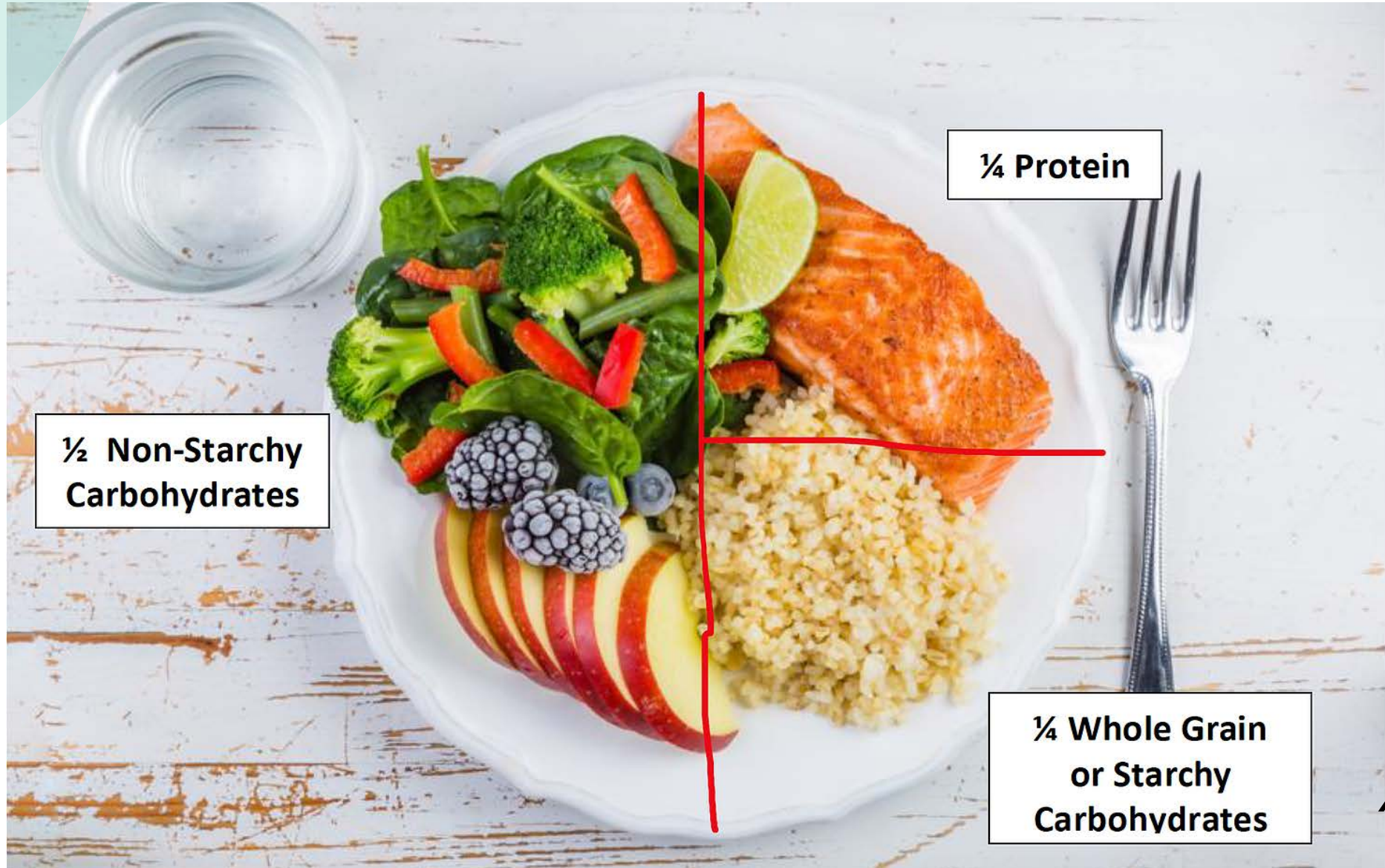


○ About Amanda Nicole RDN

- Studied at University of Arizona
- Bachelors degree in Nutritional Science with an an emphasis in Dietetic
- Completed dietetic internship program
- Passed the registered dietitian exam
- Currenting a private practice dietitian at Amanda Nicole RDN LLC
- On-site dietitian for NBCUniversal and Dream Works



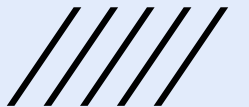
BALANCE YOUR PLATE





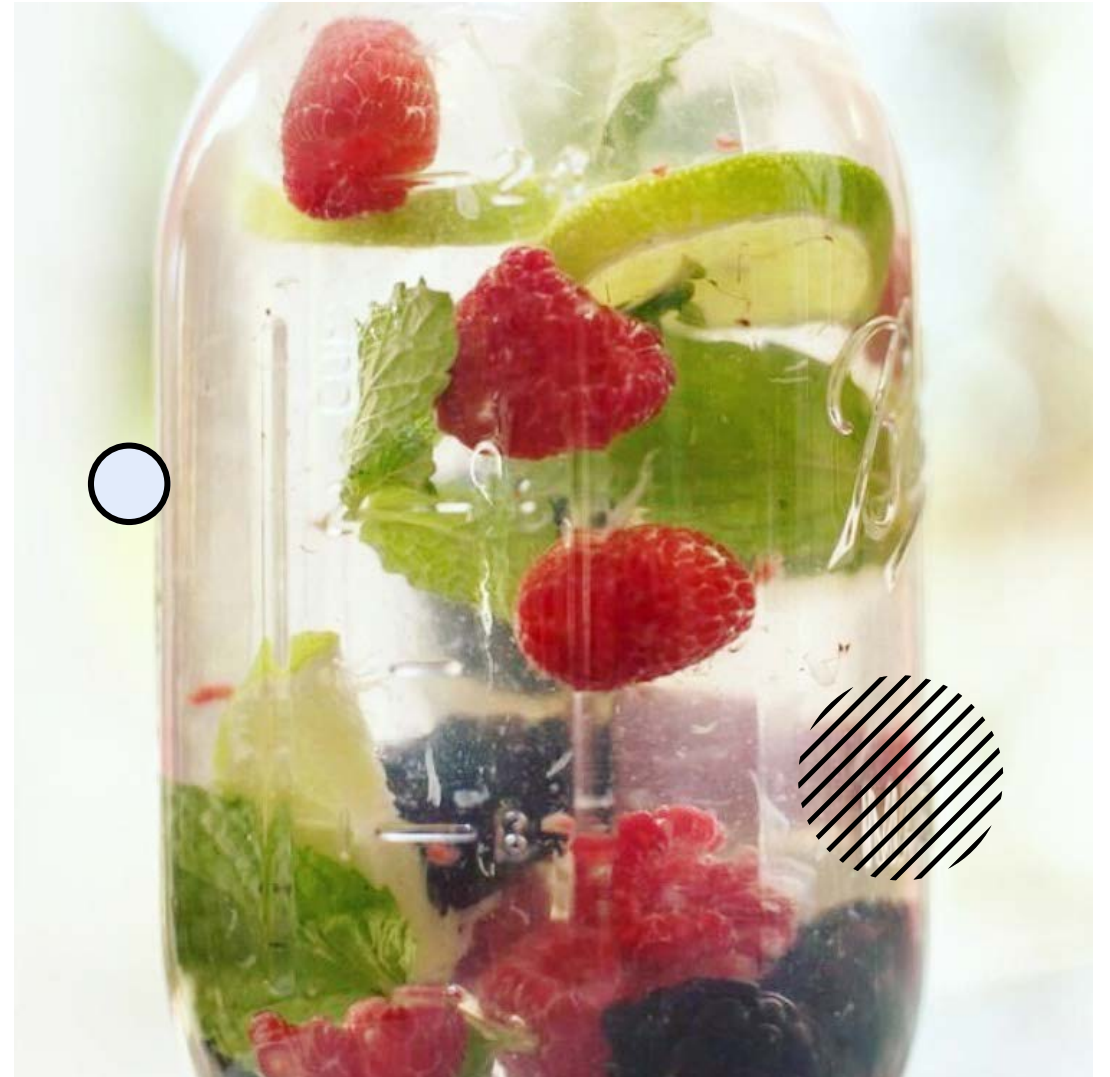
Snack on Healthy Goodies

- Prevent overeating at meals
- Snacks should include proteins, fats, and carbohydrates



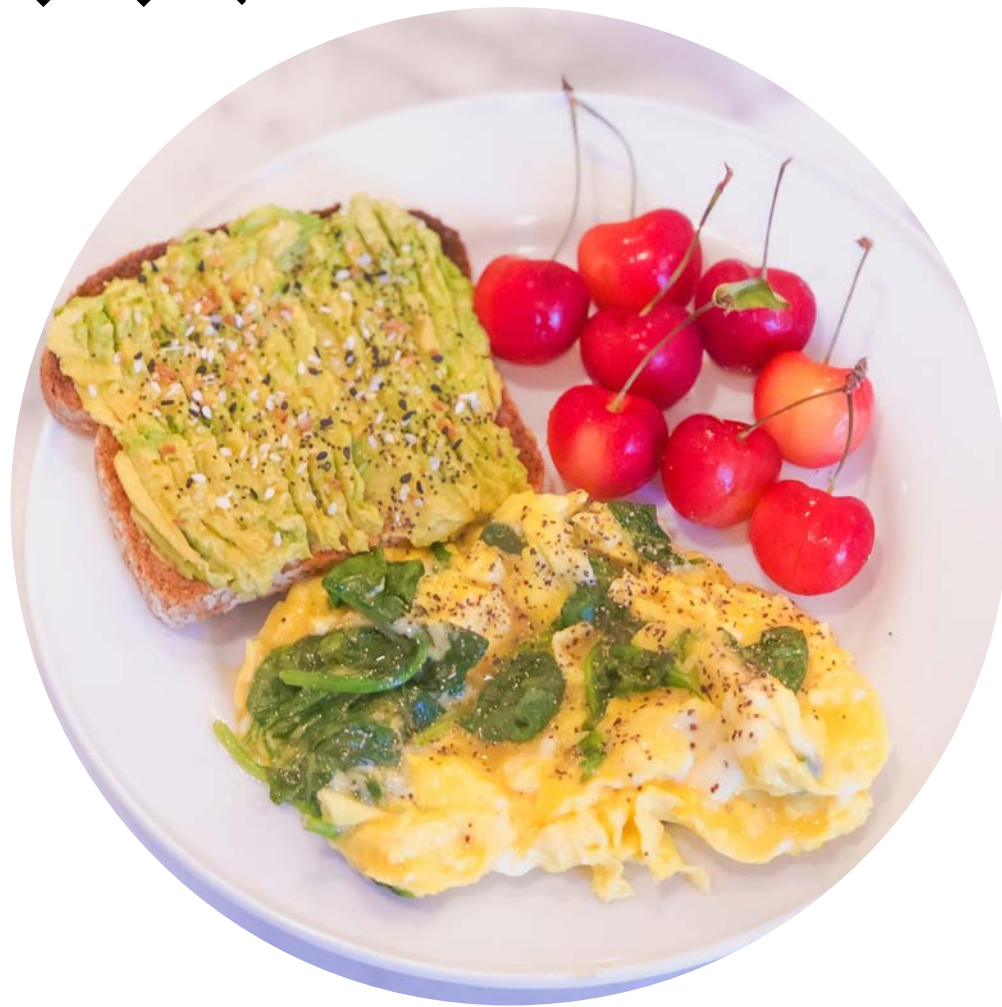
Water, Water, Water

- 70% of our body is made up of water
- Maintaining electrolytes, regulating body temperature, and for optimal cell health



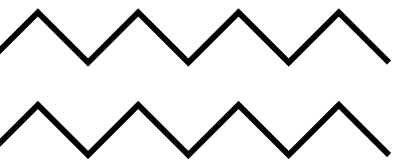


Avocado Toast

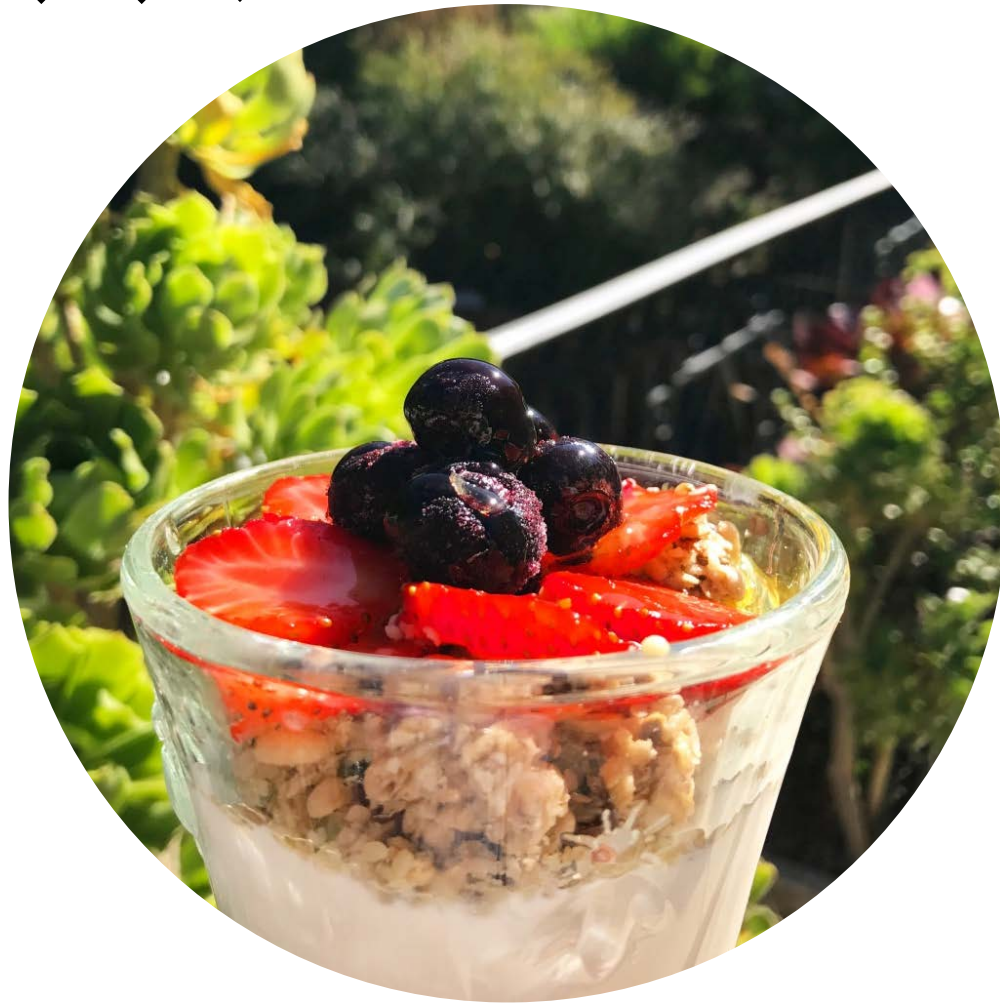


- Toast a slice of whole wheat bread
- In a small bowl mash $\frac{1}{4}$ to $\frac{1}{2}$ avocado
- Season with salt and pepper
- Evenly spread mashed avocado over bread
- Optional: sprinkle Trader Joe's Everything But the Bagel Seasoning over toast
- To make it a balanced serve with a protein and fruit





Greek Yogurt Parfait



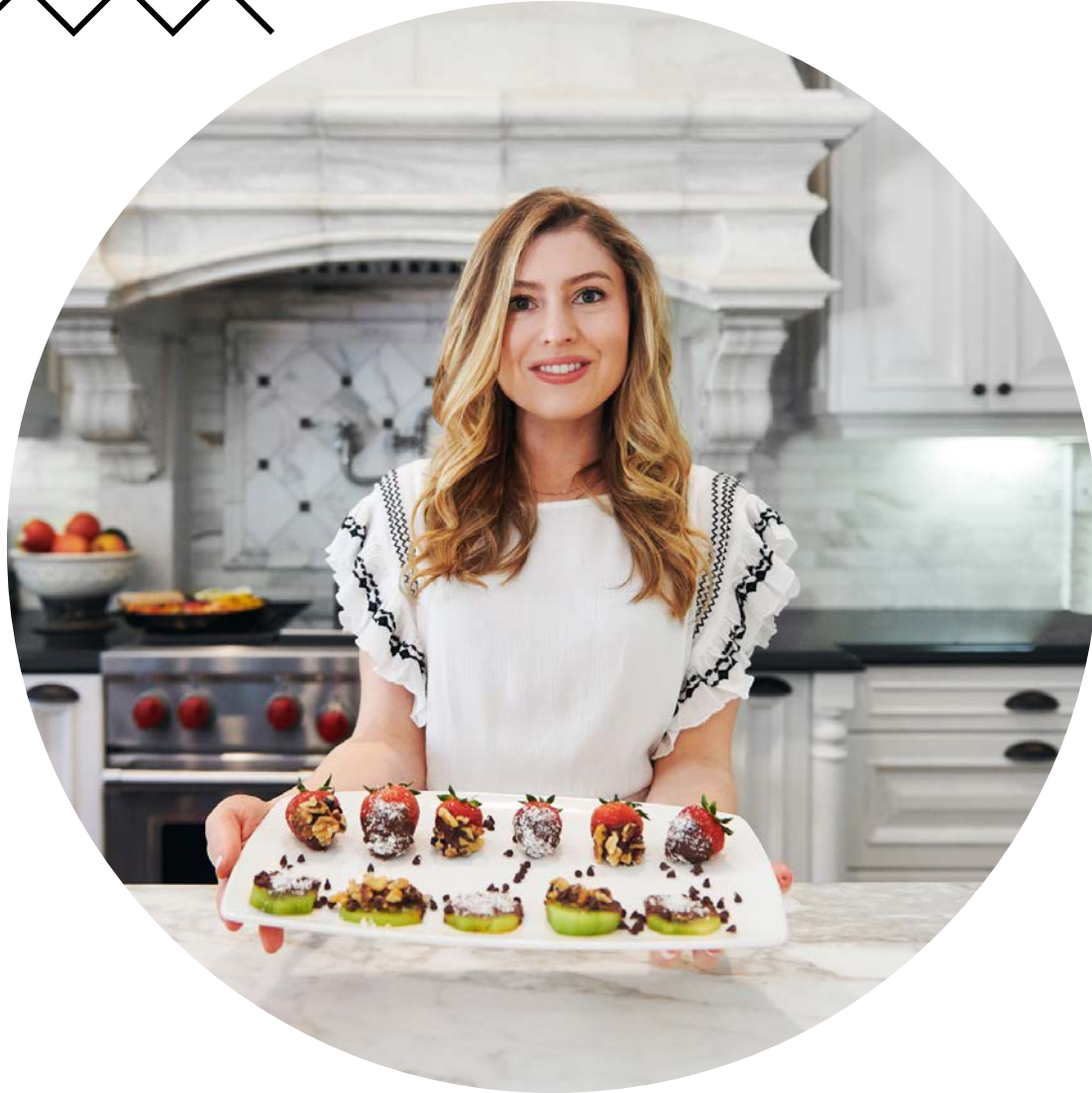
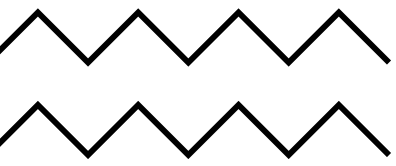
- In a jar or bowl layer plain Greek yogurt, granola, and mixed berries.
- Flavored yogurts are high in sugar
- 7g or less sugar on nutrition facts for granola





QUESTIONS?

THANK YOU SO MUCH!



Let's Get In Touch!

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