

## **Week 1: “Eat Better to Feel Better”**

Ever heard you are what you eat? Well, it might just have some truth to it! This week our focus is to really see what you are eating, how often do you eat, and how do you feel after you eat.

**Foods that make our bodies feel happy and those that our body would like us to stay away from!**



leafy greens, extra virgin olive oil, vitamin C foods, fatty fish, green tea, vitamin A rich foods, and foods containing zinc



saturated fats, added and artificial sugars, refined carbs, fried foods, cured and processed meats, alcohol in excess and caffeine in excess

One way to stay on track of your health goals is by having a food journaling habit or learning what and how you eat daily.

A food journal is a useful tool for improving your health and it allows you to:

- become more accountable for your eating habits
- identify your motivation for eating
- focus on your nutritional requirements
- eat more healthy

When you've successfully kept a food diary for at least a week, its time to review how you did in terms of food consumption, and to see if there is any pattern to it.

This week we will be using a tracking sheet to learn how to keep a food journal. You can also make your own or use any app to help track what you eat. (MyFitnessPal, weight watchers, Lose It! are just a few) At the end of the week make sure you review and ask yourself each question.

This challenge will be a great start to seeing if “we are what we eat”!!

*Please share with [Makenzie@markiieb.com](mailto:Makenzie@markiieb.com) by Tuesday, November 9, 2021, if you complete this week's challenge of tracking what you eat.*