

TogetheriCan

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April

DEFINITIONS TO BE AWARE OF WHEN IT COMES TO EATING

Snack: A food used as a fill-in between meals – usually devoid of complete nutritional value.

Meal: One of three times a person eats per day. Breakfast, Lunch, Supper or Dinner. When people lived in the period of working on farms, this kind of structure was needed. These were usually large-calorie meals, which provided the calories required for energy while working in the fields.

Fuelings: Preferred method of maintaining Optimal Health in today's fast paced world. Eating a Nutritionally Balanced, lo-calorie / lo-fat portion of food every 2.5 to 3 hours. This type of eating lowers the chances of blood spikes and increased lipid (triglyceride) levels. Energy levels remain balanced throughout the day.

Fuelings are completely different from snacking.

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Free Health Coaching – provided by the "Together i Can Group"

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