

NUTRITION EDUCATION

Nutrition Tips for a Healthier Lifestyle

General educational principles for building meals that support your energy. This guide contains no meal plans and no personalized prescriptions.

Balanced meals

Aim for a source of protein, a fiber-rich carbohydrate, a healthy fat and something colorful on most plates. Balance reduces the mid-afternoon crash more reliably than restriction.

Water intake

Thirst is often mistaken for hunger. Keep water visible and drink with every meal and transition.

Protein

- Include a protein source at breakfast, not only at dinner.
- Protein supports satiety and steadier energy.
- Choose sources you genuinely enjoy and can afford.

Healthy snacks

- Pair a protein with a fiber — for example fruit and nuts, or yogurt and seeds.
- Prepare two default snacks so the decision is already made.
- Snacks are a bridge, not a punishment.

Portion awareness

Awareness, not measurement, is the goal. Slow the first three bites, pause halfway through the plate and check in with your fullness before serving more.

One change at a time

Choose a single nutrition habit for the next two weeks and write it below.

General wellness education only. Nutrition needs are individual. Talk with your physician or a registered dietitian about your specific health conditions, medications, allergies and laboratory results.

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