



Nutrient-Rich Snack

Cottage Cheese with Fruit, Nuts and Celery

Nutrient-Rich Beverage

Home-made Green Smoothie made with almond milk, fruit and greens

Nutrient-Rich Dessert

Fresh fruit salad with Squeezed Lemon or Orange Organic Cream Sauce

What is Nutrient-Rich Food?

Nutrient-rich food is food that provides the body with a high percentage of vitamin and mineral goodness per calorie. So often we hear of “empty calories”, these are foods that usually provide plenty of calories but with low or very low nutrient value, mostly “white foods” which are refined or processed. So we can think of nutrient-rich foods as the opposite or “full calories”.

Eat Right for YOU?

Did you know that your diet needs are as individual as your foot print! Your stamp on life or genetic blueprint individualizes who you are and determines your nutritional needs. It is known as Biochemical Individuality and means your body knows what it needs to be healthy and fit.

How to choose what to Eat to support MY Body

To eat the very best food, is to eat organic, whole foods. You complement your whole body with whole foods. Just as you need to be whole to remain healthy so does our food, not compromised by refinement, genetic modification or processed. Healthy food means nutrient-rich food.

*For more information please contact **Eat for Yourself** at On The River Massage, www.ontherivermassage.com*



Additional Resources: The World’s Healthiest Foods, Essential Guide for the Healthiest Way of Eating, Author: George Mateljan