

Eat Better, Feel Better

Dive back into your intuition!

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What do you need this year? Forget the one diet fits all approach and tune in to the questions you should be asking yourself and get to know the real answers!

1. What are three things you can swap to introduce more nutrients everyday?

2. Instead of removing a food group, how can you add in food for your health with each meal? Brainstorm this below.

3. How can you make it easier for your busy self? Name three ways you could be more prepared with your food.

4. Whats one thing you would like to change with your eating habits?

5. How much do you rely on caffeine, truly? Do you often skip meals and only have coffee/tea instead? How does this make you feel?

6. Are you eating a fulfilling breakfast each morning? If not, how can you change this?

7. How does a balanced nutrition approach make you feel?

8. How do you feel when you overlook your nutritional needs?

9. Are you getting enough sleep? How can you get more?

10. Have you ever kept a food diary? does this help you or hinder you? Why?

If these spark an interest in you or you are finding you can't find your own answers, perhaps it's time to seek further advice!

Answers I would hope to see.

1. What are three things you can swap to introduce more nutrients every day?

Often we think of "detox" "remove" "quick fix" this time of year, - often we as naturopaths we are faced with - oh I know, I'll remove this food group, that will help me achieve my goal.

A list for January typically includes; Alcohol, Coffee, Bread, Breakfast, "Carbohydrates", Sugar. - this question is challenging you to dig deep and ask yourself how you can INCREASE nutrients in your everyday life - instead of consistently following the trends of removing, as this won't equal health in the long run, as you will yoyo back to your old ways in no time! (not sure what to say here, maybe you can help here)

Three things you can swap - Instead of white processed bread, I'm going to swap it for one slice of sourdough. Instead of white processed bread, I'm going to swap it for a nourishing cup of brown rice and quinoa mix with some seeds.

I'm going to swap my side of tomato sauce on my eggs to a handful of spinach leaves and lemon I'm going to swap my third coffee with a green tea instead.

I'm going to swap my bag of chips on the couch after dinner to a cup of herbal tea and a handful of nuts I'm going to swap my packaged muesli bar to a snack ball I prepared earlier.

2. Instead of removing a food group, how can you add in food for your health with each meal? Brainstorm this.

Ok, so How do you brainstorm this - ok so we have heard of the fad diet KETO - removing carbohydrates - instead of removing carbohydrates - how about we replace with complex carbohydrates instead?

Think - brown rice, quinoa, buckwheat, brown, rye or sourdough bread, sweet potato. - adding nutrients and slow-release carbohydrates into your meals helps stabilise your blood sugars, mood and hormones!

Add food for YOUR HEALTH to each meal.

Ok so you have eggs on toast - what two things can you add here to UP THE ANTI? - some good fats? Some complex carbohydrates as above? Sprinkle with sesame seeds or sunflower seeds and add in some green, for example, spinach, rocket and a drizzle of olive oil. Think of nutrients & extra vegetables with EACH MEAL.

3. How can you make it easier for your busy self? Name three ways you could be more prepared with your food.

What I'd love to see here

Make your wants your priority - if you have started the year to be more conscious around your nutritional intake, then you need to allow and create space for this - you need time, set it aside.

How can you pre-prepare things so you aren't stuck making choices you later may regret?

Can you look at cookbooks or blogs/recipes and create a list of things to buy and plan your week better?

Utilise the online more nutrient-dense options - Hello fresh for example offers a vast range of recipes - they deliver the ingredients, and all you have to do is prepare it - you can choose your meals for the week and have everything there!

Do you have family members slacking off? Ask for help, get them inspired too.

These are the answers I want to see!

4. What's one thing you would like to change with your eating habits?

Perhaps you skip breakfast and notice you feel better when you don't. Maybe you run around like a headless chook all day and skip meals or live on the office coffee machine, - is this a habit you want to kick? Refer to the above question to yourself on setting aside the time! Eating late at night after you've already eaten your dinner - how can you explore ways to be more sustained after your meals? Are your meals complete to satisfy you and keep your blood sugars at bay? is it a mindless habit?

All the questions you should be exploring with yourself about your daily habits and how they may be affecting your body long term!

5. How much do you rely on caffeine, truly? Do you often skip meals and only have coffee/tea instead? How does this make you feel?

A lot of people are guilty of this - only to crash in mood and energy later - eat larger portioned dinners and are unable to get a proper night sleep. Experiencing anxiety to boot? - perhaps check in with yourself and start tuning in to what caffeine does for/to you. Consider your digestion also, are you relying on caffeine to pass a stool?

6. Are you eating a fulfilling breakfast each morning? If not, how can you change this?

Oh no, I'm fasting he said - the constant rush to work, to meetings, to the bus - and you think you can skip a meal too? suppose again, fasting and skipping meals creates havoc on our already under-functioning nervous systems! - sit down, take the time, savour your bites, chew slowly and be mindful in the morning, I promise you, you'll see the benefits.

How can you change your habits in the morning to tell your body you are safe? Say to your body "it's OK and fuel yourself with NUTRIENTS in the morning to kick start your day". Please don't get me started about exercising on an empty stomach!

Perhaps getting up earlier and making time for this would change your WHOLE day!

7. How does a balanced nutrition approach make you feel?

Are you anxious about your food daily? Do you overthink or under think it? is it a constant thought for you? - perhaps you need to consider further support around this.

Perhaps the idea of getting off the fad diets and deep-diving into your daily habits and completing this survey will sit well with you also and kickstart a new year of intuitive eating instead of extreme removal or dieting.

8. How do you feel when you overlook your nutritional needs?

When you haven't made time for nutrition and your health, it can make you feel like shit! - lethargic, low libido, no energy, the immune system can suffer as well as your nutrient status, mood and hormones.

Food is medicine first and foremost - and you will feel a magnitude of symptoms should you not choose time to eat and prepare your food with consideration.

9. Are you getting enough sleep? How can you get more?

What does sleep have to do with it, you say? Sometimes the way we eat - as mentioned above with one culprit - caffeine can affect our sleep patterns, (alcohol can too!) also the time we eat. Consider and tune in to what your habits are, and if they might be contributing to a lack of quality sleep.

Remembering proper sleep patterns also play a role in our body composition and metabolism.

10. Have you ever kept a food diary? Does this help you or hinder you? Why?

Does being accountable and noticing your mood, stool and food when writing it down make you stay on track or does it stress you out? is this something you have tried before?

About Sarah

Sarah has been a Personal Trainer for 20 years, after working one on one with clients for a long time, she realised there was a gap between their movement output and proper nutrition guidance to achieve client-specific goals. With the long list of fad diets, clients were being put on or putting themselves on.

Sarah had had enough and wanted to educate and inspire her clients to reach their full potential not just in a gym setting, but for life. She went on to learn more about how she can help clients with their whole health picture. Studying a degree in Health Science Sarah now can take her clients to another level of health, offering Nutrition and Natural Medicine.

Sarah teaches you the importance of food as medicine and understands a range of tools are needed to guide you to be able to thrive truly. Sarah offers a no bull-shit approach giving you practical, down-to-earth advice without the fluff, so you can get on with living your life.



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