

Florida GRAPEFRUIT

Grapefruit Guide TO GLAMOROUS MOMENTS TIPS

Ready to get glamorous? Celebrity nutritionist, Carrie Latt Wiatt, has helped many Hollywood stars slim down and practice healthy lifestyles. However, you don't have to be a celebrity to receive the Hollywood scoop. Carrie offers five practical tips that can help you prepare for life's glamorous moments, naturally:

- ◉ **FILL UP ON FIBER.** An entire medium grapefruit has 4 grams of dietary fiber, some of which is soluble fiber (pectin), which helps support healthy cholesterol levels. Dietary fiber can also help keep you feeling full for longer. Enjoy half a grapefruit for breakfast and another after your evening workout.
- ◉ **PREPARE YOUR PORTIONS.** Be mindful of portions by downsizing dishes at home. Measure correct portions the first time, so you have a visual blueprint in your mind.
- ◉ **SHAKE UP SNACK TIME.** Eating well is all about flavor, texture and variety. For an energizing afternoon snack, try pairing one-half of a nutrient-rich Florida grapefruit with a serving of walnuts to add protein, omega-3 fatty acids and a satisfying crunch.
- ◉ **STAY HYDRATED.** One hundred percent Florida grapefruit juice has great hydrating properties due to its high water content and presence of the electrolyte potassium, which can be lost after exercising. Fit an 8-ounce serving into your day to help replenish your body.
- ◉ **EAT SMARTER.** To regulate caloric intake, practice mindful eating instead of automatic eating. First, consult your brain: are you feeling hunger or boredom? Second, wait five to ten minutes after experiencing diet-derailing cravings to see they pass. Finally, when it's mealtime, take your time to monitor for satiety – then stop when you are satisfied.

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