





## Bliss Nutrition Quick Tips


Drink 1/2 your body weight in ounces of spring or filtered water.




Make the food in your home healthy and nutrient dense. Enjoy your mom and pop treats out.




Eat whole nutrient dense foods as close to nature as possible.



Eat like the rainbow. Practice rotating your fruits and vegetables.



Eat seasonally, locally, and shop at farmer's markets when possible. Join a Community Supported Agriculture Share Program.



Don't stress about your environment outside your home.



Cook at least 80% of your meals at home.

