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# Premier Medical's The Skinny Minute

January/February 2021

## T . G . I . 2021

Many of us have gone up in weight and down in motivation during the pandemic. 2020 was a rough year. We were literally in survival mode. Let's face it, 2020 was a challenge like no other.

The new year brings us hope and a fresh start. One thing worth taking into 2021 with us is the idea that life can be simpler. Living a healthy lifestyle can be, too!

While eating healthy does require some planning in order to stay the course, we don't have to make it difficult. Our bodies need three basic nutrients: protein, carbohydrates and fat. Many people believe they should eliminate carbs and/or fat from their diet, in order to eat healthy. But the truth is, there are good carbs and bad carbs as well as good fats and bad fats.

Fruits, vegetables, dairy products and whole grains all contain carbohydrates. These 'good carbs' also provide our body with

fiber, which can help prevent stomach or intestinal problems, such as constipation.

Essential fatty acids provide us with energy and help us absorb necessary vitamins. But they aren't made by our bodies, we have to consume them. Some of the most common foods that naturally contain healthy fats are dairy products, meats, poultry, seafood, eggs, seeds, nuts, avocados and coconuts. We want to avoid saturated and trans fats, as they are usually artificially produced and are bad for our health. Replace them with monounsaturated and/or polyunsaturated fats. Take your time at the store and read nutrition labels to make sure you're choosing 'good fats'.

Avoid recipes with a lot of ingredients and make this simple on yourself. Pair your favorite lean proteins with fresh fruits and vegetables, add a few nuts or avocado—Voilà!

*Pro Tip: For picky eaters— Use a food processor and puree veggies until smooth to easily disguise in sauces, soups and lean ground meats.*