

**Drink plenty of water** – Our bodies are made up of approx. 60% water. Don't depend on thirst to remind you to drink.

Carry water with you and make drinking a habit (add a slice of lemon or lime to add flavor). Avoid empty calories from fizzy drinks, eat your calories, don't drink them.

**Include healthy fats** – Eating fat does not make you fat the same way eating carrots does not make you a carrot! Consuming healthy fats boosts your immune system and promotes better brain function. Nuts, seeds, salmon (any oily fish) and avocado are all examples of healthy fat.

**Include healthy protein rich foods** –

Protein rich foods keep blood sugar levels stable and support growth and repair of muscles.

**Exercise** – Move and move however you like. Exercise, together with a good nutrition intake helps prevent health conditions and diseases. Activity is needed to keep your heart healthy and your bones strong. It can also be good fun.

**Sleep well** – Make sure you get enough sleep – its essential part of being healthy and affects how well we are able to learn, grow and act in life. While we're asleep, our bodies have that all-important time to repair.

## Chrispy Chicken Fingers Recipe

**Makes: 4 Servings**

### Ingredients:

12 ounces skinless, boneless chicken-breast halves  
1 egg, slightly beaten  
1 tablespoon honey  
1 teaspoon prepared mustard  
2 cups cornflakes, finely crushed  
Dash of black pepper

### Method:

1. Preheat oven to 450 degrees F. Cut chicken into 3-by-3/4-inch strips. In a shallow dish, combine egg, honey, and mustard. In another dish, stir together cornflake crumbs and pepper.  
2. Dip chicken strips into the egg mixture; roll in crumb mixture to coat. Arrange chicken strips on an ungreased baking sheet.

Bake about 12 minutes, or until outsides are golden and chicken is no longer pink.

Nutrition facts per serving: 212 calories, 23g protein, 23g carbohydrate, 3g fat (1g saturated), 0g fiber

## Healthy Blueberry Muffins

### Ingredients

- 120g Oats
- 1 Large Banana
- 75g Natural Yogurt
- 1 Egg
- 1 Tsp Agave Syrup
- 1 Tsp Cinnamon
- 1 Tsp Baking soda
- 70g Blueberries

### Method:

Preheat your oven to 200c degrees. Lightly grease your muffin tin with coconut oil or cover with parchment paper. Place all ingredients into a food processor or blender, leaving the blueberries aside for now. Blitz until the ingredients are well combined and smooth. Pour mix into a large bowl and add your blueberries. Mix blueberries evenly throughout the mix. Divide the mix between the prepared muffin tin and bake for 15-20mins until cooked through and browned on top.

**Any question, queries, comments or appointments please contact me:**

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