

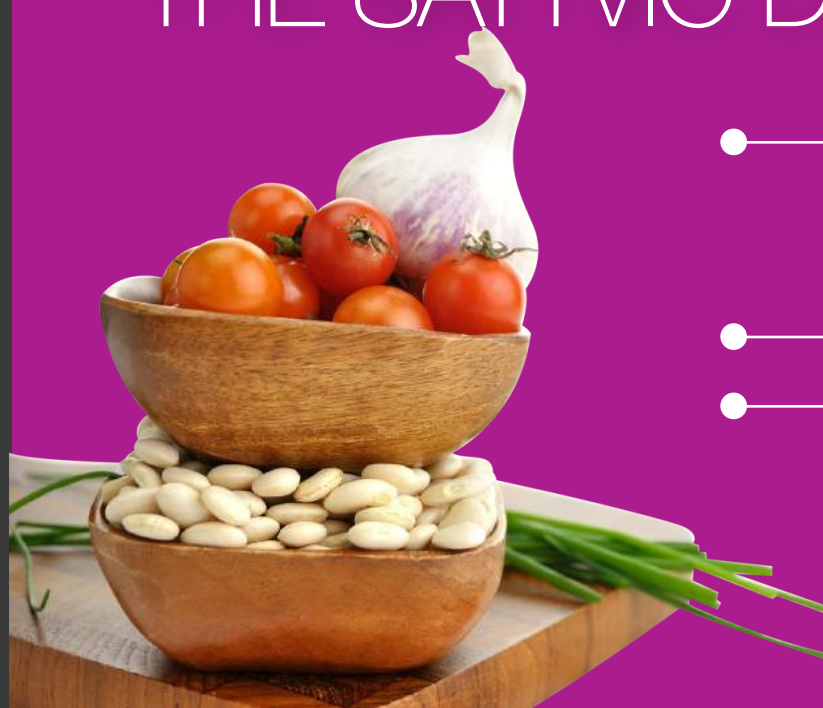
EAT LIKE A YOGI!

The number 1 reason people practice yoga is for wellness.

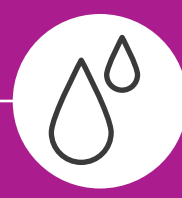
Therefore, it's no surprise that after an asana practice --most yogis are focused on eating right. Here's how to make sure your diet reflects your yogi philosophy:



YOGI 101: THE SATTVIC DIET



The Sattvic Diet was created to achieve higher consciousness based on Ayurveda and Yoga literature.

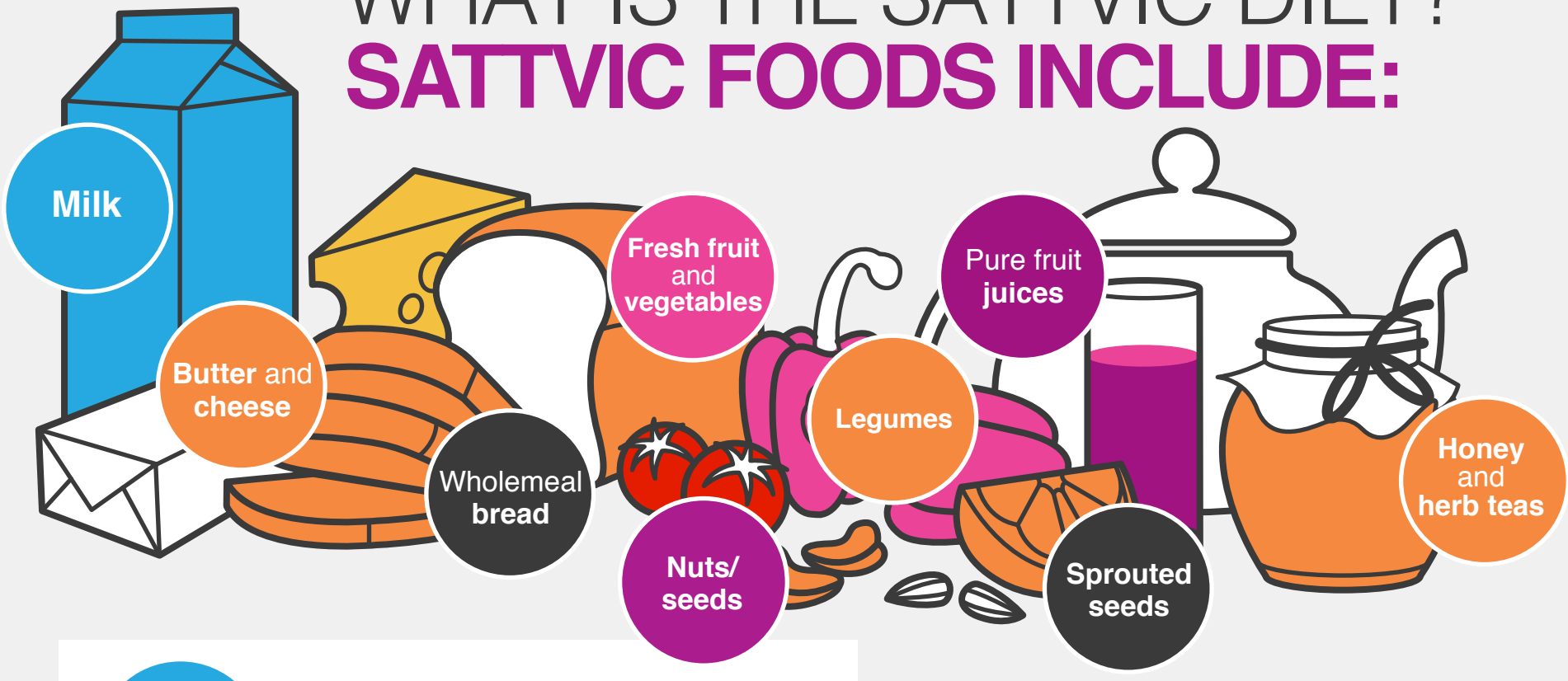


Sattvic food is the purest diet for any serious yogi.



It nourishes the body and maintains a peaceful state.

WHAT IS THE SATTVIC DIET? SATTVIC FOODS INCLUDE:



It's all about **high quality protein**



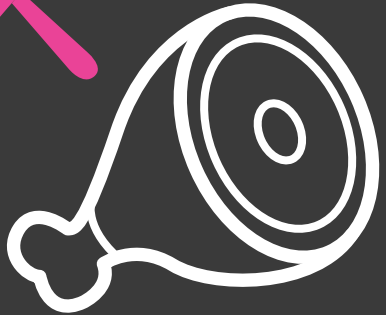
It is **readily digestible**, utilized by the body efficiently.

DID YOU KNOW...

only 33% of Americans eat the recommended amount of vegetables each day?

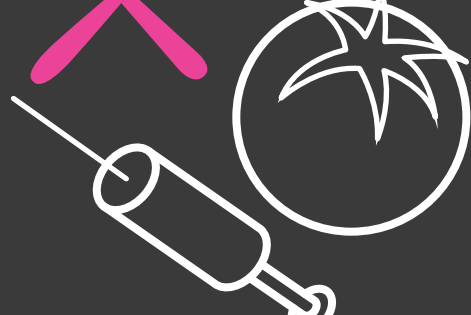


FOODS TO AVOID



MEATS

- * Low quality protein
- * Likely to cause illness



TOXINS

Choose organic when available



STIMULANTS

Caffeine, tobacco, and alcohol all damage the body.



ALLOW FOR PROPER DIGESTION

- Avoid food two hours before **exercise** or **sleep**
- Energy for digestion should not be taken away for the purpose of exercise.
- Ensure **proper time for digestion** before sleep helps to keep the mind clear.

MAKE CHOICES FOR THE ENVIRONMENT

The yogi diet never harms people, animals, or the planet.



Invest in a **refillable water bottle**.



Eat in season through **farmer's markets**



Choose local to reduce your carbon footprint.



Grow it! What better place for your next asana than in your own garden?

Eating like a yogi is a simple matter of the choices you make every day.

WHAT WILL YOU HAVE FOR YOUR **NEXT MEAL?**

SOURCES:

- <http://www.yogajournal.com/food-diet/eat-like-a-yogi>
- <https://www.doyouyoga.com/what-is-a-yoga-diet-here-are-7-things-to-look-for/>
- <https://www.k-state.edu/today/announcement.php?id=8989>

