



THE 5-DAY MIDLIFE NUTRITION RESET

A Gentle Guide for Adults 40+

By Tina Costanza



Welcome and What to Expect

Welcome! If you're over 40 and feeling like your energy, digestion, or eating habits could use a little tune-up – this guide is for you. No calorie counting. No guilt. No rigid rules. Just five days of simple, nourishing steps to help you feel more balanced, clear-headed, and in control.

This reset is about *progress*, not perfection. You'll find a daily checklist that's easy to follow, plus tips tailored to your body's changing needs.

Whether you're just starting to prioritize your health or looking to get back on track, this guide is your gentle nudge forward.

Let's get started.



Daily Nutrition Reset Checklist

Each day for five days, aim to complete as many of the following suggestions as you can. Even just two or three a day make a difference:

- **Hydrate:** Drink water and other non-caffeinated beverages throughout the day
- **Eat 2 servings of vegetables:** Choose whatever vegetables you like
- **Include protein with every meal:** Sources include eggs, beans, fish, tofu, chicken, yogurt
- **Swap white for brown:** Whole wheat bread instead of white, brown rice instead of white
- **Snack smarter:** Combine a carbohydrate, protein and healthy fat for a nutritious snack. Examples: apple slices and almond butter, yogurt and berries, whole-wheat crackers and hummus
- **Reflect:** What felt easy today? What felt hard?

Tips for Over 40

Here are ways to meet our shifting nutritional needs:

- **Bone health:** Consume calcium-rich foods like leafy greens, almonds, and fortified plant milks
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- **Brain support:** Omega-3 fatty acids (from flax seeds, chia seeds, walnuts, or salmon) help support mood and memory
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- **Stress and hormones:** Magnesium-rich foods (like spinach and pumpkin seeds) can help regulate mood and sleep
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- **Digestive health:** Consume foods high in fibre to keep things moving: fruit, legumes, vegetables, and whole grains
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- **Reduce sodium:** Help your blood pressure by minimizing processed meats, canned soups, take-out meals, and salty snacks
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About Me and Next Steps

Hi, I'm Tina, a PN Level 1 nutrition coach who's passionate about helping adults over 40 feel strong, energized, and confident in their bodies without the diet drama.

If you enjoyed this guide, you can find more tips and resources on my blog, foodover40.com.

Interested in a one-hour, one-on-one nutrition coaching session? E-mail me:
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