

PRINCIPLES OF A HEALTHY DIET

EAT BREAKFAST

BREAKFAST SHOULD ALWAYS INCLUDE A PROTEIN. Some examples are:

- PLAIN NUTS OR NUT BUTTER (almond or cashew butter) a HANDFUL OF PLAIN ALMONDS, WALNUTS OR BRAZIL NUTS. Avoid peanuts and "cocktail" nuts with added salt and fat.
- LOW FAT CHEESE, FAT FREE COTTAGE CHEESE OR YOGURT, LOW SUGAR KEFIR
- EGGS
- LOW FAT MEAT (meat from last night's dinner makes a good breakfast)
- LEGUMES, (small portion of non-refried beans with rice is a complete protein). Try a burrito for breakfast
- PROTEIN POWDER. Avoid "Instant Breakfast" and "Slim Fast" type preparations because of the high sugar content. (Try a smoothie with fat-free yogurt or plain kefir, protein powder and a little fresh or frozen fruit and diluted juice).

SMALL MEALS EVERY 3-4 HOURS (Again, containing protein)

EAT LARGER AMOUNTS UNTIL NOON AND LIGHTLY IN THE AFTERNOON AND EVENING.

Starting the day with a good sized meal will kick-start your metabolism so you will burn calories more efficiently.

Eating protein in the morning will decrease that mid-afternoon slump and sugar or caffeine craving.

LOW FAT

STAY UNDER 30-40 GRAMS OF "TOTAL FAT". Look in nutrition facts for "total Fat" and "Serving Size" on prepared foods

- Cultured organic butter (not margarine)
- For salad dressings, use only flax seed oil (keep refrigerated) or olive oil, and for cooking, olive oil or coconut oil
- Lean meats, preferably baked or broiled, (avoid bacon, luncheon meats, hot dogs and sausage and limit barbecued meat)

HIGH FIBER

- WHOLE GRAINS-BROWN RICE, WHOLE WHEAT, FIBER-RICH CEREALS (watch the sugar content)
- OAT BRAN (Can be cooked with oatmeal or in homemade bran muffins (easy on the sugar, use applesauce instead of oil)
- FLAX SEED (flax seed should be purchased whole, kept in the fridge or freezer, and crushed in a coffee grinder before use. Any leftover should be stored air-tight in the fridge. It is advisable to increase from 1 to 4 TBS a day. To gain the maximum benefit, flax seed should not be heated or used in cooking. Try adding to smoothies, cereal or juice or yogurt, or sprinkled on top of cereal.
- NUTS (see protein above)
- VEGETABLES AND FRUITS, preferably organic (for maximum nutritional value) and fresh or frozen. Avoid canned (see below)

VEGETABLES

6-8 SERVINGS A DAY. One or 2 fruits servings is OK. A serving size is a cup of raw fruit or vegetable (i.e. a carrot or small to medium sized apple). Salads, veggie soups, salsa, carrot juice are excellent ways to get the required amount.

AVOID SUGAR

Again read the nutrition facts! Breakfast cereals, juices and sodas are high in sugar. Remember that there a 2 grams of sugar in a sugar cube. Even Rice Krispies has 11 grams of sugar per $\frac{3}{4}$ cup serving. Which is $5\frac{1}{2}$ cubes. An average soda has $\frac{1}{4}$ cup of sugar.

OMIT CARBOHYDRATES

Grains should be "whole grains" (see "fiber" above). Limit pastas, breads and starchy vegetables (potatoes, corn, and sweet potatoes)

DRINK LOTS OF WATER and AVOID CAFFEINE and SODAS

DRINK A $\frac{1}{2}$ OUNCE OF WATER FOR EVERY POUND OF BODY WEIGHT

For instance: 150# = 75 oz or 2+ qts a day, 200# = 100 oz or 3+ quarts of water a day, 250# = about 4 qts a day

Water is best used by the body when taken in small amounts frequently. $\frac{1}{4}$ cup of water every half hour while awake is 2 quarts a day.

EXERCISE

20-30 minutes of sustained exercise a day will burn calories and increase your metabolism so you will burn calories more efficiently. If you are unable to find the time to exercise 20-30 minutes, remember every little bit helps (ie Park your car at a distance from stores)

SUPPLEMENTS

A quality multivitamin and mineral complex from health food store and calcium 1200 mg a day with magnesium and Vit D. Calcium should NOT be taken in a pill form as it's not well absorbed. (try capsules, liquid, powder or chewable)