

NUTRITION

The Basic Dos & Don'ts of Healthy Eating

DO

Lean meats:

Turkey (preferably without nitrites), chicken (baked or grilled, not fried/battered), pork chops, fish or lean beef (grass-fed, organic such as Laura Lean, or 93/7 hamburger meat), sausage, bacon

Other protein options:

Dairy in moderation (cheese, cottage cheese, cream cheese, string cheese), Omega-3 enriched eggs, 1-2 tablespoons of natural nut butter (with the only ingredients being peanuts or almonds - avoid Smart Balance, etc.), yogurt (CarbMaster or GreekLite)

Non-starchy vegetables (fresh or frozen):

Examples include broccoli, spinach, asparagus, tomatoes, squash, zucchini, greens, cauliflower, etc. See table for lower carbohydrate options.

Fruits:

Focus on fruits with a lower glycemic index such as berries, 1/2 grapefruit, cherries, pears, peaches, and cantaloupe. "See table."

Nuts and legumes:

Walnuts, almonds, peanuts, cashews, pistachios, macadamia nuts, black beans, kidney beans, etc. Serving size is 1/4 cup or approximately one ounce.

Granola Bars (In Moderation):

Atkins protein bars or Nature Valley protein bars are a better alternative than most. Keep net carbs as low as possible.

Seeds:

Pumpkin, sunflower, etc. Serving size is 1/8-1/4 cup

Olive or coconut oil, real butter

Whole grains:

If eating bread it must be true whole grain and contain at least 2-5 grams of fiber and no more than 8-10 net carbohydrates per slice. Low-carb wraps should contain 5-7 net carbohydrates or less.

Beverages:

Water, black or green tea, unsweetened coffee or tea. Lemon, splenda, or other artificial sweeteners such as Truvia or Stevia are permitted in moderation. Try to avoid aspartame (found in many diet drinks - Diet Rite uses sucralose AKA splenda). Unsweetened almond or coconut milk.

DON'T

Starches:

Bread, rice, pasta, and potatoes (remember that the "brown" or "whole wheat" alternatives also have a negative effect on your blood sugar, so try to avoid these as well)

Starchy vegetables:

Corn, potatoes, and peas (half of a sweet potato is a better option)

Junk foods and sweets.

These are simply empty calories.

Beverages:

Fruit juices, sweet tea, sodas, sugary sports drinks (eg: Powerade and Gatorade), coffees with sugar, etc. We do not want to drink our empty calories from these beverages with hidden sugars, as this is one of the fastest ways to increase blood sugar and gain weight!

Processed foods:

Many of the vital vitamins, minerals, and nutrients are removed during the processing of foods. Focus on the perimeter of the grocery store and avoid the cardboard boxes found on the inside aisles.

Margarine, vegetable oil, soybean oil and canola oil

Trans fats:

Choose foods with zero grams of trans fats. This means they include no hydrogenated or partially hydrogenated oils. Unfortunately, foods can have up to 0.4 grams of trans fats and still qualify as having "zero" trans fats on their nutrition labels, so make sure to read the ingredients. They are often found in commercial peanut butters, margarines, chips, packaged cakes, etc.

Alcohol:

If consuming alcohol, limit to one drink per day for women and two drinks per day for men. One drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.

NOTES

- You must eat breakfast to get your metabolism started
- Aim for three meals and two snacks per day to curb your appetite and to keep your metabolism going
- Make sure to eat protein or healthy fats every time you eat
- Drink plenty of water
- Total carbohydrates - fiber = net carbohydrates. Make your food choices based on the options with the lowest number of net carbohydrates
- This information is just to get you started. There are many other healthy options that are absolutely delicious, so be creative and enjoy eating!