

## Tips for Healthy Eating

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- ✓ **Eat within one hour of waking up.** The only exception to this rule is if you are going to work out within 30 minutes of waking up.
- ✓ **If you are having a pre-workout snack it should consist of a small amount of protein and a small amount of low glycemic carbohydrate** to help sustain your energy during a workout. The less food in your stomach, the better.
- ✓ **Eat within 30 minutes of ending your workout** and consume a mixed fuel meal or snack (i.e. high fiber carbohydrates, protein and a small amount of healthy fat) - a great example is a PaleoMeal shake with blueberries and a little freshly ground flaxseed meal.
- ✓ **Eat less, LESS often.** Eat balanced meals and snacks every 3-4 hours to keep blood sugar balanced and stress hormones down. Skipping meals causes your stress hormones to rise which breaks down precious muscle and drops sugar into the blood stream causing a commensurate rise in insulin. Chronic meal skipping can promote insulin resistance.
- ✓ **Eat as least 1 cup of raw or ½ cup of cooked veggies at lunch and dinner.**
- ✓ **Stop eating 3 hours before bedtime.** When you sleep you should be healing, not digesting! If you tend to get hypoglycemic during the night, have a small snack before bed like a slice of turkey or cheese on a whole grain cracker and work with your health care practitioner on healing your hypoglycemia with exercise, balanced diet, insulin receptor healing and targeted supplementation.
- ✓ **Be sure to drink plenty of pure spring water throughout the day between meals and snacks.**
- ✓ **Limit fluid intake to 4oz with meals.**
- ✓ **Follow the 3 Bite Rule.** if something is really worth it, enjoy 3 polite bites guilt free!

## OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken and turkey
- Eggs
- LF Cottage Cheese
- LF Feta/Goat Cheese
- LF Ricotta Cheese
- Shellfish
- Cold water fish - salmon, halibut, cod, mackerel, tuna
- Lean red meats – 2-3 times per week (sat fat)
- Lamb (sat fat)
- Game
- Whey Protein

## OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanuts)
- Fresh ground flaxseed meal
- Macadamia nuts (sat fat)
- Cod liver oil
- Olive oil, olives
- Flaxseed oil
- Avocado (sat fat)
- Whipped butter (sat fat)
- Coconut milk or oil (sat fat)

## OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Bell peppers (red, yellow, green)
- Broadbeans
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chayote fruit
- Chicory
- Chives
- Collard greens
- Coriander
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger root
- Green beans
- Hearts of palm
- Jicama (raw)
- Jalapeno peppers
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Radishes
- Radicchio
- Snap beans
- Snow peas
- Shallots
- Spinach
- Spaghetti squash
- Summer squash
- Swiss chard
- Tomatoes
- Turnip greens
- Watercress

## HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potato or yam
- Turnip
- Legumes
- Black beans
- Adzuki beans
- Black beans
- Chick peas (garbanzo)
- Cowpeas
- French beans
- Great Northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Yellow beans
- Barley
- Brown rice
- Buckwheat groats (kasha)
- Bulgur (tabouli)
- Millet
- Rye
- Semolina (whole grain-dry)
- Steel cut oats
- Tapioca
- Whole grain breads
- Whole grain cooked cereals
- Whole grains
- AkMak crackers
- Ezekiel bread
- Wasa crackers
- Whole grain tortillas

## LOW GLYCEMIC INDEX FRUIT CHOICES

### **Low GI**

• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

### **Moderate GI**

- Cherries
- Pear
- Fresh apricots
- Melons
- Orange
- Peaches
- Plum
- Grapefruit
- Pitted Prunes
- Apples
- Avocados
- Kiwi fruit
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion Fruit
- Persimmons
- Plums
- Pomegranates

### **High GI – eat sparingly, or after a workout**

- Banana
- Pineapple
- Grapes
- Watermelon
- Mango
- Papaya

## **BALANCED DIET**

### ***For each meal choose:***

1 carbohydrate serving (1/2 cup of starchy veggies or grains, 1 cup fruit, 1 slice whole grain bread)

3-4 oz protein (children and women)

5-6 oz protein (men, taller women)

1-2 healthy fat serving (1 tbsp oil or nut butter, 10 nuts, 1-2 oz cheese, 4 oz fish, 1 egg)

non-starchy vegetables (at least 1/2 cup cooked or 1 cup raw)

Snacks are mini-meals with half of the above. Best choice for snacks is fruit.

### **BALANCED DIET - SAMPLE MENU 1**

#### **BREAKFAST**

Breakfast Burrito – *Whole wheat tortilla, scrambled eggs and salsa*

#### **MID-MORNING SNACK**

Piece of fruit and 10 nuts

#### **LUNCH**

Salad with grilled chicken and balsamic vinaigrette

#### **MID-AFTERNOON SNACK**

Yogurt-Berries Snack – *1 cup Greek yogurt with 1/2 cup berries and 1 tbsp flaxseed meal*

#### **DINNER**

4-6 oz. grilled chicken, fish or lean meat

1 cup steamed or roasted vegetables

### **BALANCED DIET - SAMPLE MENU 2**

#### **BREAKFAST**

Long Cooking Oatmeal 1 cup cooked. *Stir into cooked oatmeal - protein powder, flaxseed meal and 1/4 cup berries*

#### **MID-MORNING SNACK**

Celery sticks with 2 tbsp almond butter

#### **LUNCH**

Whole Wheat Pita Sandwich with 3-5 oz. of turkey, chicken or tuna with veggies

#### **MID-AFTERNOON SNACK**

1 piece fruit and 1 string cheese

#### **DINNER**

Green salad with vinaigrette

Grilled chicken, fish or lean meat

1/2 sweet potato