

THE HEALTHY DIET



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A BALANCED DIET FILLED WITH NUTRIENT-DENSE WHOLE FOODS

1. EAT FOODS FROM EACH FOOD GROUP MOST EVERY DAY
2. CHOOSE HEALTHY NUTRIENT-DENSE WHOLE FOODS
3. DRINK WATER AND OTHER SUGAR-FREE, CAFFEINE-FREE BEVERAGES
4. AVOID PORTION DISTORTION – KNOW YOUR PORTION SIZES
5. LIMIT CONSUMPTION OF REFINED NUTRIENT-DEFICIENT FOODS
6. AVOID UNHEALTHY FOODS
7. A WORD ABOUT VITAMIN AND MINERAL SUPPLEMENTS
8. UNDERSTAND ADULT RESPONSIBILITIES RELATED TO FEEDING YOUNG CHILDREN

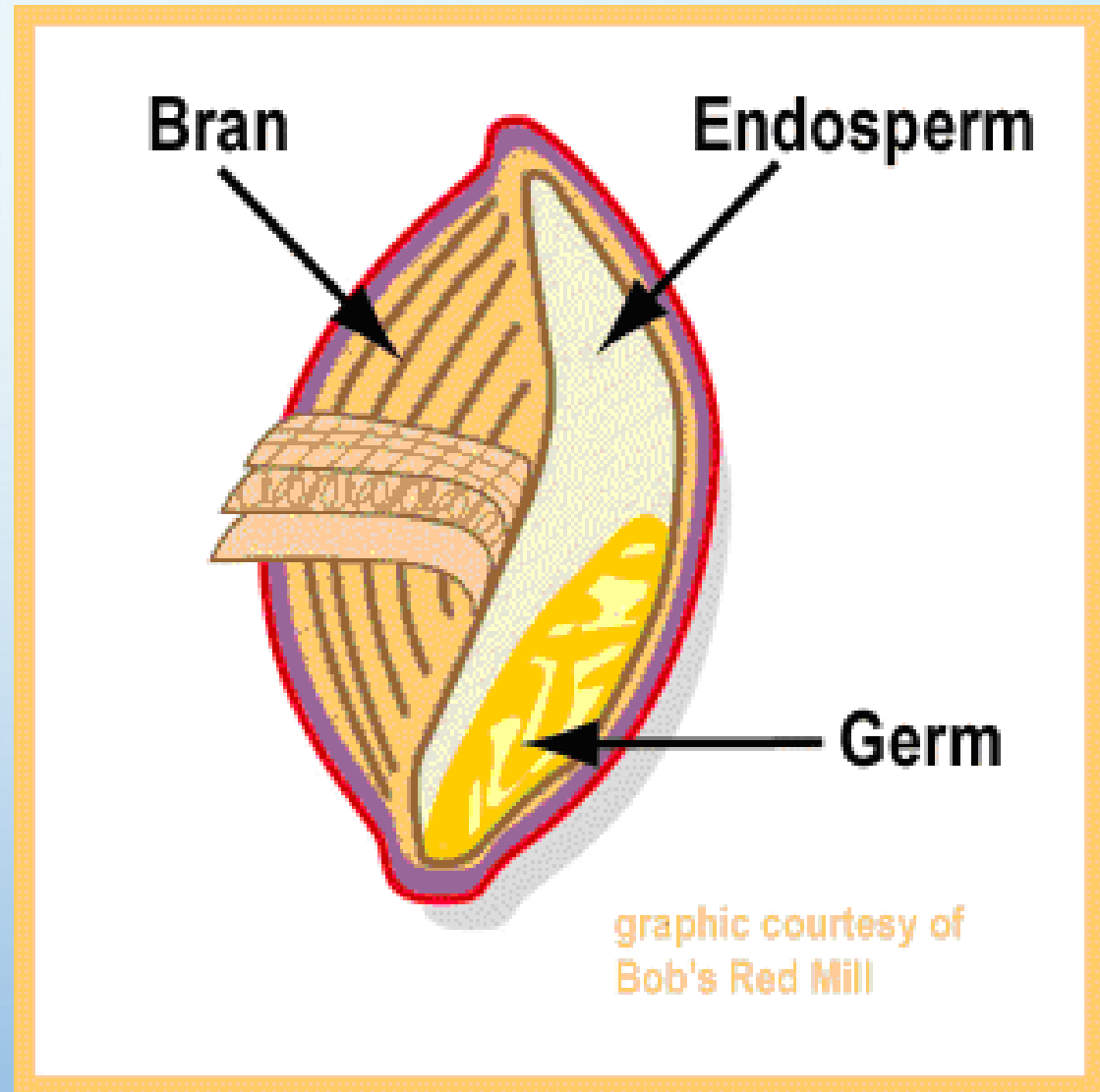
GRAINS

CRACKED WHEAT HOT CEREAL,
WHOLE WHEAT PASTA, WHOLE
WHEAT FLOUR PRODUCTS (100%
WHOLE WHEAT BREAD, PANCAKES,
WAFFLES, CRACKERS, WHOLE GRAIN
BREAKFAST CEREAL, ETC.) TORTILLA
CHIPS, POP CORN, CORN TORTILLAS,
BROWN RICE, BROWN RICE CAKES,
BROWN RICE PASTA, BROWN RICE
FLOUR PRODUCTS (BREAD,
CRACKERS, PANCAKES, MUFFINS,
ETC.), OATMEAL, GRANOLA, OAT
FLOUR PRODUCTS (BREAD, MUFFINS,
CRACKERS, BREAKFAST CEREAL, ETC.)



WHOLE GRAIN

- CONTAINS AT LEAST 2 GRAMS OF FIBER
- RICH SOURCE OF B VITAMINS
- GOOD SOURCE OF ANTIOXIDANTS AND VITAMIN E
- REFINED GRAIN PRODUCTS ARE ENRICHED BECAUSE VALUABLE VITAMINS AND MINERALS HAVE BEEN STRIPPED FROM THE GRAINS DURING THE REFINING PROCESS



VEGETABLES

ASPARAGUS, ARTICHOKE, BEETS,
BROCCOLI, CABBAGE, CARROTS,
CAULIFLOWER, CELERY, COLLARD
GREENS, EGGPLANT, GREEN BEANS,
BELL PEPPERS, LETTUCE,
MUSHROOMS, OKRA, ONIONS, SNOW
PEAS, SPINACH, SUMMER SQUASH,
TOMATOES, ZUCCHINI, POTATOES,
SWEET POTATOES, YAMS, WINTER
SQUASH, TARO ROOT, TURNIP,
PARSNIP



FRUIT

Apples, Oranges, Bananas,
Grapefruit, Lemons, Limes, Kiwi,
Nectarines, Peaches, Pears,
Plums, Cherries, Grapes, Blue
berries, Raspberries,
Strawberries, Cantaloupe,
Watermelon, Honey dew melon
Pears, Pineapple, Peaches,
Applesauce, Mandarin Oranges,
Raisons, Currents, Dates,
Cranberries, Cherries, Bananas



DAIRY

MILK (SKIM, 1% OR 2% OR WHOLE),
NON-FAT OR 1% FAT PLAIN YOGURT

FLAVORED YOGURT

CHEESES (AMERICAN, CHEDDAR,
MOZZARELLA, RICOTTA, SWISS,
COLBY, ETC.)

COTTAGE CHEESE (1% FAT)

**NOTE: BUTTER, CREAM CHEESE AND
SOUR CREAM ARE ALL DAIRY
PRODUCTS BUT COUNT AS FATS AND
THEY LACK CALCIUM.**



PROTEIN NUTS AND SEEDS

Almonds, Cashews, Hazel
nuts, Sunflower seeds,
Pumpkin seeds,
Sesame seeds, Peanuts,
Walnuts, Pecans,
Pistachio, Brazilian



PROTEIN LEGUMES (BEANS)

Pinto Beans, Lima Beans, Red Beans,
Navy Beans, Kidney Beans,
Black Beans, Great Northern Beans, Mung Beans,
Garbanzo Beans, Black-eyed Peas, Lentils, Green Peas,
Split Peas and Soy Beans



FATS

BUTTER, MARGARINE WITHOUT HYDROGENATED OIL, OLIVE OIL, SUNFLOWER OIL, GRAPE SEED OIL, SAFFLOWER OIL, PEANUT OIL, NUT OILS, COCONUT OIL

SALAD DRESSING, CREAM, MAYONNAISE, CREAM CHEESE, SOUR CREAM

SEEDS, NUTS (ALSO COUNT AS A PROTEIN)

PEANUT BUTTER, SUNFLOWER SEED BUTTER, ALMOND BUTTER, CASHEW BUTTER, ETC. (ALSO COUNT AS AN OUNCE OF PROTEIN)

AVOCADOS AND YELLOW CHEESE

BLACK AND GREEN OLIVES



FAT IS AN IMPORTANT PART OF A HEALTHY DIET

1. FAT IS AN IMPORTANT BUILDING BLOCK FOR THE BRAIN, NERVOUS SYSTEM AND CELL LININGS.
2. SOME FATS CONTAIN FAT SOLUBLE VITAMINS LIKE VITAMINS A, E, D & K
3. NEEDED PRODUCTION OF CERTAIN IMPORTANT HORMONES
4. HELPS REGULATE BODY TEMPERATURE
5. PROTECTIONS AND PROVIDES STRUCTURE FOR INTERNAL ORGANS
6. FAT IS A DENSE ENERGY SOURCE SO A LITTLE GOES A LONG WAY.

GOOD FATS

MONOUNSATURATED

THESE HAVE SEVERAL HEALTH BENEFITS AND ARE STABLE WHEN HEATED.

PRIMARILY IN NUTS, AVOCADOS AND OLIVES (I.E. OLIVE OIL, CANOLA OIL, MACADAMIA NUT OIL, OILS FROM ALMONDS, PECANS, CASHEWS, BRAZIL NUTS, AND AVOCADOS).

OMEGA 3 FATTY ACIDS



OMEGA 6 FATTY ACIDS

HAVE MANY OF THE SAME FUNCTIONS AS OMEGA 3 FATTY ACIDS BUT DON'T PRODUCE AS MANY HEALTH BENEFITS.

SUNFLOWER SEEDS, SAFFLOWER, COTTON SEED, SOY OIL, CORN OIL, GRAPESEED OIL, PEANUT AND POPPY SEED.

FUNCTIONS OF OMEGA 3 FATTY ACIDS

1. THEY INCREASE METABOLIC RATE
2. THEY INCREASE TRANSFER OF OXYGEN THROUGHOUT THE BODY
3. THEY HELP BURN FAT MORE EFFICIENTLY
4. THEY HELP KEEP CELL MEMBRANES FROM BECOMING RIGID – FLEXIBLE CELL MEMBRANES ALLOW FOR MORE EFFECTIVE NUTRIENT TRANSFER
5. THEY HELP REDUCE INFLAMMATION, SWELLING AND PAIN
6. THEY HELP REDUCE SEVERITY OF ALLERGIC REACTIONS
7. THEY IMPROVE GASTROINTESTINAL FUNCTION
8. THEY PRODUCE SMOOTH VELVETY SKIN

MORE FUNCTIONS OF OMEGA 3 FATTY ACIDS

9. THEY ENHANCE KIDNEY FUNCTION AND FLUID BALANCE
10. THEY SUPPORT HEALTHY BLOOD PRESSURE AND HEART FUNCTION
11. THEY LOWER CHOLESTEROL AND TRIGLYCERIDE LEVELS
12. THEY KEEP BLOOD HEALTHIER BY DECREASING CLOT FORMATION, KEEPING BLOOD THINNER AND RUNNING SMOOTHER THROUGH VEINS. THIS INCREASES THE CLEARING OF WASTE PRODUCTS FROM BLOOD AND INCREASES NUTRIENT DELIVERY.
13. THEY ARE NECESSARY FOR BRAIN DEVELOPMENT
14. IT ENHANCES BRAIN FUNCTION AND EMOTIONAL HEALTH – IMPROVES SCHOOL PERFORMANCE, CALMS HYPERACTIVITY IN THE BRAIN WHICH HAS A POSITIVE EFFECT ON MOOD AND CONCENTRATION

LIMIT SATURATED FATS

- LONG-CHAIN SATURATED FATS FROM ANIMALS AND DAIRY PRODUCTS
- CHOLESTEROL FROM ANIMAL AND DAIRY PRODUCTS
- **NOTE:** TOPICAL OILS ARE A SHORT CHAIN SATURATED FAT WHICH HAS HEALTH BENEFITS AND HAS NOT BEEN FOUND TO HARM THE BODY.



AVOID TRANS FATS AND HYDROGENATED OILS

1. BODY DOES NOT HAVE AN ENZYME TO BREAK DOWN TRANS FATS
2. HARMFUL TO OUR CELL MEMBRANES
3. INCREASE CHOLESTEROL LEVELS AND THE RISK FOR CARDIAC DISEASE
4. INCREASE INSULIN RESISTANT AND THE RISK OF DEVELOPING DIABETES
5. OMEGA 3 AND OMEGA 6 FATTY ACIDS ARE NEEDED TO CLEAR TRANS FATS FROM OUR BODIES.
6. BLOCKS THE UTILIZATION OF ESSENTIAL FATTY ACIDS, CAUSING MANY NEGATIVE EFFECTS ON THE BODY INCLUDING INCREASED BLOOD CHOLESTEROL, SUPPRESSED IMMUNE SYSTEM, CANCER, ATHEROSCLEROSIS, DIABETES, OBESITY AND MANY MORE.

DEEP FAT FRIED FOODS

VEGETABLES OILS
HEATED TO HIGH
TEMPERATURES ARE
DAMAGED AND HAVE A
SIMILAR EFFECT ON
YOUR BODY AS DO
TRANS FATS &
HYDROGENATED OILS



**STAY HYDRATED WITH WATER AND OTHER
SUGAR-FREE, CAFFEINE-FREE FLUIDS.**



**KNOW YOUR
PORTION SIZES**

**EVEN NUTRIENT
DENSE WHOLE
FOODS CAN HARM
YOUR BODY WHEN
EATEN IN EXCESS!**



LIMIT NUTRIENT DEFICIENT REFINED FOODS

FOR EXAMPLE:

WHITE FLOUR

WHITE RICE

FRUIT JUICE

1. REFINED FOODS LACK IMPORTANT VITAMINS, MINERALS AND ANTIOXIDANTS TO SUPPORT HEALTH
2. DEFICIENT IN NUTRIENTS WHICH ARE NEEDED FOR OPTIMAL GROWTH AND DEVELOPMENT OF CHILDREN'S BODIES AND BRAINS
3. CONSUMPTION OF REFINED FOODS IS LINKED TO OBESITY
4. REFINED FOODS INCREASE BLOOD SUGAR, INSULIN LEVELS, INFLAMMATION, AND FOOD CRAVINGS

AVOID UNHEALTHY FOOD!

- **Sugar – avoid food that list sugar in the top 2 ingredients and Food with more than 6 grams of sugar per serving**
- **High Fructose Corn Syrup (HFCS)**
- **Trans Fats and Hydrogenated Oils**
- **Deep Fat Fried Foods**
- **Caffeine (for children)**

SUGAR IS HARMFUL TO THE BODY

1. CAUSES INFLAMMATION AND SUPPRESSES IMMUNE FUNCTION
2. CAN CAUSE AN OVERGROWTH OF YEAST IN THE INTESTINES
3. PROMOTES THE GROWTH OF HARMFUL BACTERIA IN THE INTESTINES
4. CAUSES OXIDATIVE STRESS WHICH DAMAGES MITOCHONDRIA
5. CAUSES FATTY LIVER [FAT ACCUMULATION IN THE LIVER]
6. INCREASES INSULIN LEVELS – HIGH INSULIN LEVELS DAMAGE BLOOD VESSELS AND PUTS THE BODY INTO FAT-STORING MODE
7. INCREASES INSULIN RESISTANCE
8. INCREASES APPETITE AND STIMULATES OVEREATING
9. CAUSES CRAVINGS FOR HIGH-FAT, HIGH-SUGAR, NUTRIENT-DEFICIENT FOODS

SUGAR IS BAD FOR THE BRAIN

1. INCREASES DEPRESSION
2. CAUSES IRRITABILITY, VOLATILE MOODS, AND HYPERACTIVITY
3. DECREASED ABILITY TO CONCENTRATE
4. DECREASED IQ – UP TO 40 POINT DROP IN IQ AFTER SUGAR CONSUMPTION
5. CAUSES BRAIN FOG – CAUSES MILD SENSORY DEPRIVATION IN YOUNG CHILDREN
6. PROMOTES SEIZURE ACTIVITY
7. SUGAR IS AN ADDICTIVE SUBSTANCE – IT LIGHTS UP THE BRAIN'S DOPAMINE PATHWAYS THE SAME WAY DRUGS AND ALCOHOL DO

CONSUMPTION OF SUGARY BEVERAGES IS ASSOCIATED WITH ...

- CALCIUM DEFICIENCY BECAUSE SUGARY BEVERAGES DISPLACE MILK
- OVERWEIGHT OR OBESITY
- TOOTH DECAY



HIGH FRUCTOSE CORN SYRUP IS HARMFUL TO YOUR BODY

1. IT DAMAGES MITOCHONDRIA (POWER PLANTS IN OUR CELLS)
2. IT DOES NOT STIMULATE HORMONES TO SUPPRESS HUNGER – SO YOU STAY HUNGRY EVEN THOUGH YOU MAY HAVE JUST CONSUMED A BUNCH OF CALORIES
3. IT IS MADE INTO TRIGLYCERIDES BEFORE THEY CAN BE USED FOR ENERGY – TRIGLYCERIDES GET STORED AS FAT
4. IT CAUSES PROBLEMS IN THE LIVER – THESE LIVER PROBLEMS:
 - CAUSE FATTY DEPOSITS IN THE LIVER
 - CAUSE ABNORMAL LIVER FUNCTION TESTS
 - SLOW DOWN METABOLISM

AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS THAT THE FOLLOWING CHILDREN BE GIVEN A MULTIVITAMIN

1. WITH ANOREXIA, INADEQUATE APPETITE, EXTREMELY SELECTIVE DIETS
2. CHRONIC DISEASE (I.E. CYSTIC FIBROSIS, INFLAMMATORY BOWEL DISEASE, HEPATIC DISEASE)
3. FROM FOOD DEPRIVED FAMILIES OR WHO SUFFER FROM NEGLECT OR ABUSE
4. PARTICIPATING IN A DIETARY PROGRAM TO LOOSE WEIGHT
5. WHO CONSUME A STRICT VEGETARIAN DIET WITH NO MEAT OR DAIRY
6. FAILURE TO THRIVE
7. CHILDREN WITH DEVELOPMENTAL DISABILITIES

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL
THE STAFF AT POSITIVE PATTERNS
FOR LIFE, LLC WHAT YOU LIKED
ABOUT THIS EDUCATIONAL
HANDOUT. GO TO THE CONTACT
PAGE ON OUR WEBSITE AND SEND
A MESSAGE TO THE STAFF.

THANK YOU FOR YOUR TIME!

