



Guide to Healthy Eating

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Add more color to your diet. Avoid white foods and fried foods.

Minimize the amount white foods in your diet. White foods typically offer little nutritional value. White foods include white or yellow potatoes, French fries, potato chips, white rice, white bread, white biscuits, dinner rolls.

Add more Foods of Color like sweet potatoes, blueberries, carrots, oranges, apples, salad, broccoli, raisins, dates, pineapple, beans, tomatoes, asparagus.

Focus on the foods you are trying to add to your diet, don't focus on what you are trying to eliminate.

Clean and Healthy Eating should be a way of life, not a fad to lose weight. When the goal is to eat healthier, weight management happens automatically. You may also notice less achy joints, more energy for activities, and improved focus. The most effective way to stick to clean eating habits is to focus on the good food you want to add and not the bad food you are trying to give up. Don't think "I want potato chips but I'm not supposed to eat them" but instead focus on "I want something crunchy; I can eat carrot chips or raw almonds!"

The definition of insanity is doing the same thing over and over yet expecting different results. It's exciting to learn about new foods and how to prepare them! You may find that as you make eating clean a way of life, your tastes will change and evolve. Some of the foods you think you can't live without today; you won't even like in a few months.

Follow us on Pinterest @AnovoPT for tips on making inconvenient food more convenient, and healthy recipes.

Avoid foods with added starch or sugar.

Sugar promotes inflammation in the body. This is why people with arthritic or inflammatory conditions can find improvement in how they feel by eliminating sugar from the diet. This includes limiting or eliminating sugary drinks and alcohol (alcohol converts to sugar in the body).

We will have more information on this later.

Choose natural sweeteners like agave, honey, pure maple syrup. But keep these in minimal quantities each week. Natural sweeteners or naturally sweet foods (like fresh fruit) do not incite the same inflammatory response in the body as processed sugars. Diabetics still need to be aware of all sugar intake and monitor closely.

Choose fresh foods and ingredients. Making meals from scratch gives you control over the starch and sugar content. If you buy prepared foods, choose ones with as few ingredients as possible. Look for foods with 5 ingredients or less. These tend to be healthier alternatives with fewer added sugars or starches.

Calories In - Calories Out = Weight Control

The basic math for weight loss is Fewer Calories In, More Calories Burned equals Weight Loss. It is important to choose Nutrient Dense calories over Empty calories. Empty Calorie Foods are usually processed, convenient, or fast foods that require little to no preparation; these are foods that are high in calories but low in nutrition. Choose Nutrient Dense Foods like fresh vegetables, fresh fruits, 100% fruit juices, yogurt, milk, beans, ancient grains, lentils. Nutrient Dense Foods are low in calorie and high in nutrition; and are usually fresh, raw, or dried. "Superfoods" are nutrient dense foods which offer high concentrate of vitamins and minerals relative to their calories.

A note about processed foods: Most processed ready-to-eat or ready-to-microwave foods and "fast-food" contain chemicals and additives that the body doesn't recognize. When the digestive tract is exposed a chemical or additive that it doesn't know to be a useful nutrient, it sends that unrecognized ingredient to be stored in adipose tissue aka fat. The body will create more and more adipose tissue to be able to store the onslaught of non-nutritive ingredients. This is what has led to the unique condition in our country where people are obese yet malnourished at the same time. But not all are bad, read the ingredient list: does it contain real ingredients, does it contain sweeteners, does it have 5 or less ingredients not including spices?

A salad made with spring greens, baked chicken, strawberries, cheese, and walnuts provides more nutrients and less calories than lunchmeat on white bread with potato chips. But watch the dressing! Many store-bought dressings are loaded with sweeteners and starches.

Exercise a minimum of 100-150 minutes per week to increase Calories Out -- when you can't join us for class, do 20 minutes of walking on the treadmill, around your neighborhood, up/down stairs, or riding the exercise bike at home.

De-Coding Food Labels

There is a lot of information contained in the Nutrition Facts labeling required on every packaged food product in the US. Fresh fruits and vegetables are not required to have nutritional facts displayed. Here's some tips on what to look for on boxes and labels so you can make healthy choices.

Nutritional Information

Here are the most important facts to consider -

Serving Size: It may look like a single serving bag, but is it? Do you know what a serving of cheese actually is? Check the serving size to make sure you aren't overeating unintentionally. While learning to eat healthier, take time to measure out portions so you learn what the right amount looks like. A serving of meat is about the size of the palm of your hand, a cupped palm of nuts is about right; learn to measure using your hands or fingers as a gauge so it gets easier to maintain healthy habits.

Sodium: Daily intake of sodium is 2400mg. Sodium occurs naturally in many foods. However, many processed or ready-made foods have added sodium (and sugar). Excessive salt intake can increase

blood pressure. Monitoring salt or sodium intake is important if you have kidney disease, high blood pressure, or swelling/edema.

Cholesterol: Daily intake of cholesterol is less than 300mg for an average person, less than 200mg if you have heart disease. Cholesterol can deposit on the insides of arteries impeding blood flow throughout the body. Cholesterol is found in meat and animal products. Limiting your weekly intake of meat is the best way to decrease your cholesterol intake; explore plant-protein options instead like tofu, ancient grains, lentils, beans and rice, or nut butters. Eggs are a great lean protein but high in cholesterol content.

Carbohydrates: The most important thing here is the breakdown of where the carbs come from – dietary fiber or sugar. What’s left after that is complex carbohydrates. Dietary fiber and complex carbs are good for you. Sugar is bad for you. If the food naturally contains sugar, i.e. dates, raisins, applesauce, then a higher sugar content is to be expected but there should be *no added sugars*. **AVOID** foods with added sugars or refined sugars. Getting the point about sugar??

Apply the information on the label to your personal health goals or guidelines that have been recommended by your physician.

Ingredient List

Even more important than the Nutritional Information is the ingredients. The best way to eat clean is to choose whole, raw, unprepared foods and make dishes or snacks yourself. By preparing foods yourself, you can control the amounts of enriched flours, sodium, and sugar you are using.

Avoid foods with these ingredient starches: modified food starch, potato starch, enriched flours

Avoid foods with these ingredient sugars: cane sugar, HFCS, corn syrup, brown sugar, maltodextrin, rice syrup, evaporated cane juice, cane juice. Any ingredient that ends with “-ose” is a sugar: fructose, sucralose, dextrose, sucrose. Any ingredient that ends with “-ol” is an alcohol and will convert to sugar in the body: xylitol, sorbitol, malitol.

Choose foods with these ingredient starches: whole oats, sprouted grains, whole meal, spelt flour, coconut flour, almond flour or meal, barley, teff, amaranth, whole grain flour or meal, lentil flour, chickpea flour.

Choose foods with these ingredient sugars: honey, maple syrup, agave, date sugar, coconut sugar, maple sugar, or “sweetened with fruit juice.” Look for unsweetened applesauce, unsweetened dried fruits, and canned fruits in their own juices for ready-made sweet treats.

More Resources

For more information on food supply and nutrition, try watching these documentaries: Hungry for Change, Game Changer, Food Inc., Forks over Knives, and Sugar Coated. Pinterest is an excellent online resource for new recipes where you can search by ingredient or topic, such as “low carb snacks.” Current dietary guidelines can be found at www.usda.gov/topics/food-and-nutrition.

FOOD SUBSTITUTIONS:

<i>Instead of this:</i>	<i>Try This:</i>
Taco Bell Bean and Cheese Burritos	Low Fat Refried Beans, Shredded cheese in a spinach wrap prepared at home.
Potato Chips	Fresh Carrot Chips or Sweet Potato Chips
Chicken Biscuit	Whole Oatmeal prepared with milk or apple juice, add fresh chopped apple, raisins, walnuts, banana, cinnamon, etc. Do not add sugar! Do Not Use Instant Oatmeal packets! One egg scrambled with torn spinach served open faced on whole grain toast with cheese on top.
White Bread	Whole Grain bread, preferably Food for Life's Ezekiel Bread or Sprouted Grain Bread found in the freezer section.
Mashed or Baked Potatoes	sweet potato or butternut squash, mashed or baked
Corn	Peas, Lima Beans, Cauliflower, Asparagus
Fried Chicken	Grilled or Baked chicken

With a little Sunday prep, you can create grab-and-go dishes for the week ahead...

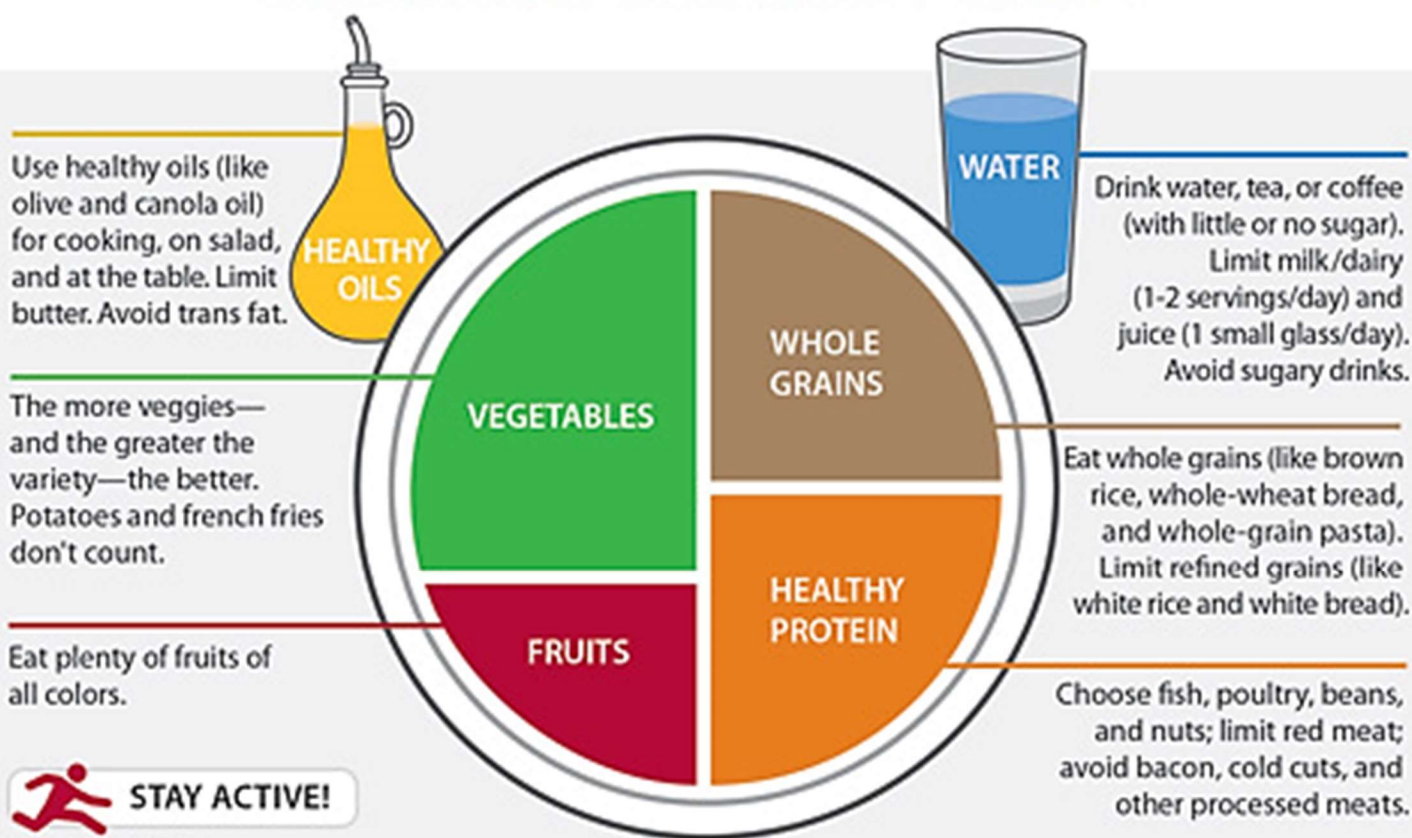
Healthy Snacks:

Apples slices with sugar-free nut butter
Carrot chips with homemade ranch dressing
Raw almonds or peanuts
Dates with sugar-free nut butter
Oikos Triple Zero yogurt cups

Make Ahead Meals:

Overnight Oats
Beans and Rice (add nutritional yeast, sour cream, salsa...)
Fresh Fruit and Greek Yogurt jars with walnuts
Homemade soups in pint size Mason Jars
Individual salad with dressing kept separate

HEALTHY EATING PLATE



STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Try using “My Fitness Pal” app on your smartphone to easily keep track of your calories, water intake, and exercise.



LOW CARB FOOD SHOPPING LIST

Healthy, nutritious,
and delicious low-carb
foods

Eating fewer carbohydrates can help lower weight and blood pressure, improve HDL cholesterol, and prevent diabetes and cardiovascular disease. Use this handy shopping list to ensure you have a steady supply of flavorful, low carb foods on hand for meal prep and snacks.

Meat

Beef
Beef jerky
Corned beef
Chicken
Pork
Bacon
Sausage
Turkey
Duck
Goat
Lamb
Veal
Venison
Pheasant
Quail
Goose
Bison
Rabbit

Fish

Tuna
Salmon
Mackerel
Cod
Sole
Halibut
Mahi mahi
Catfish
Trout
Haddock
Tilapia
Sardines
Anchovies
Herring
Oysters
Shrimp
Clams
Mussels
Lobster
Crab
Squid

Other proteins

Eggs
Tofu

Fats

Butter
Mayonnaise
Aioli
Lard
Tallow
Extra virgin olive oil
Sunflower oil
Vegetable oil
Coconut oil
Avocado oil
Soybean oil
Vinaigrette

Dairy

Cheese
Heavy cream
Full-fat yogurt
Greek yogurt
Sour cream

Nuts and seeds

Pecans
Brazil nuts
Macadamia nuts
Hazelnuts
Walnuts
Peanuts
Almonds
Pine nuts
Chia seeds
Flaxseeds
Pumpkin seeds
Sunflower seeds
Sesame seeds

Vegetables

Broccoli
Cauliflower
Onions
Leeks
Shallots
Brussel sprouts
Eggplant
Cucumber
Pickles
Bell peppers
Jalapeño peppers
Chili peppers
Poblano peppers
Asparagus
Green beans
Mushrooms
Celery
Zucchini
Summer squash
Radishes
Okra
Spinach
Arugula
Iceberg lettuce
Romain lettuce
Bibb lettuce
Parsley
Swiss chard
Watercress
Cabbage
Kale
Collard greens
Mustard greens
Kimchi
Bok choy
Sprouts
Seaweed

Fruit

Strawberries
Lemons
Blackberries
Raspberries
Cherries
Cranberries
Coconut
Limes
Lemons
Rhubarb
Tomatoes
Avocados
Olives



Condiments

Salt
Pepper
Garlic
Cinnamon
Mustard
Herbs
Spices
Soy sauce
Bearnaise sauce
Tabasco/hot sauce
Salsa



Beverages

Coffee
Tea
Club soda
Sugar-free diet beverages

Sweets

Dark chocolate (70% or more cocoa)
Sugar free gelatin

Wellness Checklist

Use this wellness checklist to help become and stay healthy. Take it slow – gradually add healthy habits and food to your existing regime rather than going cold turkey. Always consult with your doctor before making any radical health changes.

Daily Wellness Checklist

Did you...	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Eat breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat fresh, plant-based, and whole grain foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat one green food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat organic, free-range chicken, fish, and game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat organic eggs and dairy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid sugary, processed, and refined foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat good fats: avocados, nuts, seeds, olives, coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook with organic, virgin coconut oil, or olive oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid deep-frying, stir-frying, and sautéing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink plain coffee or tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 7–8 glasses of water per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid skipping meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get at least 6–8 hours of sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get 20–30 minutes of moderate exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid continuously sitting for more than 55 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch for a minimum of 5 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take the stairs instead of the elevator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. Get knowledgeable by researching nutrition and supplements.
2. Pay attention to your emotions and feelings before going to sleep each night. Keep a diary.
3. If something hurts chronically, or if something feels out of whack, your body is talking to you. Listen to it!
4. Research pressure point therapy, massage or any other form of energy medicine that you can practice on yourself, your partner, or your children.
5. Research and take up daily stress-busting daily practices such as meditation, mindfulness, and affirmations.
6. If you're emotionally in trouble or feel lost or helpless, seek help.

