



# Food Facts

Foods to include and foods to avoid

It's all about balance

A healthy eating plan includes all food groups for optimum energy, immunity, digestion and weight loss. The key is knowing which ones to consume, which to avoid, and how frequently you need to eat.

Here are some easy tips for making the right food choices:

## Refined Carbohydrates

**Reduce/Eliminate:** Starchy foods containing white flour, refined oils and sugar such as bagels, breads, muffins, cookies, potato chips and crackers any processed foods that come out of a box.

**Replace with Complex Carbohydrates:**

Quinoa, millet, barley, seal cut oats, high-fiber cereals, rice cakes, brown rice and whole grain breads. Veggies and fruits count too!

Love your veggies such as, asparagus, avocado, beets, bock choy, celery, corn, all potatoes (sweet, yam), root vegetables (rutabaga, celery root, kohlrabi, parsnips, turnips), broccoli, cauliflower, cucumber, peppers (green, red, orange, yellow), radishes, tomatoes, radishes, brussel sprouts, cabbage, carrots, peas and leafy greens parsley, cilantro, sprouts, spinach, kale, chard and red leaf lettuce. Be sure to include a variety of colorful and organic sources daily, including berries!

**Why?** Carbohydrates such as whole grains and vegetables are naturally low glycemic foods which keep insulin levels balanced and provide long-lasting energy. They also contain essential nutrients including fiber for intestinal health, antioxidants to combat free radical damage as well as vitamins and minerals for optimum health and well-being.

## High-fat Proteins

**Reduce/Eliminate:** Processed and high fat meat sources such as hamburgers, hotdogs and marbled steaks.

**Replace with Lean Proteins:** Most varieties of wild fish, all-white poultry meats, eggs, beans, legumes and pure protein supplements.

**Why?** Protein helps maintain a healthy metabolism which is vitally important for weight loss. Protein also promotes easier fat burning, increases lean muscle, stabilizes blood sugar levels and boosts natural immunity.

## Low Nutrient Fiber

**Reduce/Eliminate:** Most foods containing white flour and sugar such as breads, cereals, pastas, cookies, crackers, bagels, candies and alcohol.

**Replace with High Nutrient Fiber:** 100% whole grain breads, steel-cut oatmeal, whole wheat pastas, brown rice, multi-grain bagels and cereals, as well as fruits and vegetables such as apples, carrots and broccoli.

**Why?** The more fiber-rich foods you eat, the fuller you feel and the less likely you will over-indulge otherwise. Most importantly, fiber helps move stored toxins and promotes a healthier intestinal tract.

## Bad Fats

**Reduce/Eliminate:** All foods containing hydrogenated oils as well as vegetable oils such as corn, safflower, sunflower and fried foods. Remember that often fat and sugar come paired up such as chocolate and desserts. So be careful! Sugar greatly depresses the immune system. Watch out for high fat dairy foods!

**Replace with Good, Healthy Fats:**

Omega-3 rich foods such as mackerel, sardines and free range eggs. Include oils such as grape seed, hemp seed, olive oil, coconut oil for healthy Omega-6, 7 and 9.

**Why?** Significant research shows Omega-3 essential fatty acids (specifically EPA and DHA) are essential for overall health and protection against disease. Most people are deficient in these fats, making proper diet and supplementation very important. As an added bonus, they can also enhance fat burning.

## Eat your way to a healthy, well-nourished body

Research shows the healthiest diet is one that's rich in whole, natural foods, including dark leafy greens, deep colored fruits, whole grains, healthy, essential fats and lean protein.

You can make these part of your daily diet.

- A slow burning **complex carbohydrate, 40% of your meal/diet**, such as 100% whole grain bread or rice, leafy greens, berries, nuts and seeds.
- A **lean protein, 30% of your meal/diet**



- including all-white poultry, plain yogurt, fish, legumes and lean meat.
- A healthy, **essential fat 30%of your meal/diet**  
such as fatty fish oils, nut butters, avocado, coconut oil and borage or olive oils

This kind of eating will keep your energy levels high, your blood sugar levels stable, and your metabolism running at its best which is essential for natural weight loss and maintenance.

Meal ideas:

For **breakfast**

- enjoy a smoothie with all-natural yogurt, mixed berries, 100% juice, and a scoop of pure, protein powder.
- Apple with almond butter
- Rice cakes with almond butter and a banana
- Egg – omelet, scrambled, sunny side up on a rice cake
- Mixed grain porridge with almond milk and berries

At **lunch,**

- have a sandwich with lean turkey, low-fat cheese and tomato on whole grain bread with a side of colorful salad
- veggie platter, wraps, hummus or guacamole with a whole grain pita
- Leftovers!!!

For **dinner,**

- include a serving of wild salmon or all-white chicken with a colorful salad, and 1 cup of wild, brown rice
- soups, stews and chilies are awesome add lots of spice and veggies!
- Huge salads, be creative add lots of veggies, nuts and seeds with a different type of protein such as fish (tuna) or chicken
- Roasted root vegetables sprinkled with herbs and olive oil

**Snack Wisely**

- A handful of raw almonds with a sliced apple
- A smoothie
- This is an excellent time to load up on fruit, berries, nectarines, oranges, grapes, apples, apricots, cherries, melons, bananas. But do try to eat IN SEASON!

**Water is SO important!**

**Our bodies are 75% water!**

**Brain tissues are 85% water.**

**Muscles are 85% water.**

**Liver is 82% water.**

**Bones are 22% water.**

**Lungs are 90% water**

**Blood is 70% water.**

**SO DRINK LOTS AND LOTS OF WATER. 10-12 GLASSES PER DAY!**

Trying to reduce dairy, high sugar beverages, sports drinks, caffeinated drinks, carbonated beverages and juices helps improve overall health. A good alternative to some of these items especially sports drinks is coconut water.

Coconut water contains **more potassium** (at about 294 mg) than most sports drinks (117 mg) and most energy drinks

Coconut water has **less sodium** (25 mg) where sport drinks have around 41 mg and energy drinks have about 200 mg.

Coconut water has 5 mg of natural sugars were sport and energy drinks range from 10-25mg of altered sugars

Coconut water is very high in Chloride at 118mg compared to sports drinks at about 39 mg

This is per 100 mL

Coconut water is more nutritious than whole milk – less fat and NO cholesterol

Coconut water is more healthy than orange juice – much lower calories

Coconut water is naturally sterile –water permeates through the filtering husk

Coconut water is a universal donor –its identical to human blood plasma

Coconut water is a natural isotonic beverage the same level we have in our blood

Coconut water has saved lives in 3<sup>rd</sup> world countries thru coconut IV