

BASIC NUTRITIONAL INFORMATION

EACH DAY YOU SHOULD EAT:



- ✓ At least **six servings of fruits or vegetables** – make sure to include one with breakfast
- ✓ At least one **leafy green vegetable** – collard greens, kale, romaine lettuce, broccoli, or brussel sprouts
- ✓ One thing raw or **fresh with each meal**
- ✓ Some vegetable or fruit **high in vitamin A** – carrots, mango, sweet potato, or pumpkin
- ✓ **Two forms of protein** – Meat is common, but not necessary. Limit servings to the size of your palm, depending on age, weight and activity level. Eggs are the most easily absorbed protein. Beans with brown rice, cheese, tofu, or broccoli are excellent protein sources.
- ✓ **No more than two servings of dairy** – Soft cheese is less constipating than hard cheese.
- ✓ **Two to four servings of starches** (depending on weight goals) – Breads should be 100% whole grain. Baked potatoes, yams or corn are a great idea. Brown rice is more nutrient dense than white rice. Americans eat too much bread.
- ✓ **Snacks** – fresh fruit- apples and nuts are easy to carry on the go.
- ✓ **Sit down when eating and be at peace** – Stress first affects the digestive track.

DO NOT EAT:



- ✓ Trans-fats – It is now printed on the labels, by law.
- ✓ Pork or shell fish – These drain your body's mineral reserves.
- ✓ Nitrates – Found in hot dogs or bologna.
- ✓ White bread – It has no nutritional value for anyone.
- ✓ Sodas - deplete the body of minerals and cause sudden drops in blood carbohydrate levels, which affect oxygen levels in our brains. Diet sodas are the worst.
- ✓ Corn syrup
- ✓ Any artificial sweeteners – aspartame (NutraSweet), sorbitol (Equal), saccharine (Sweet 'n Low), and (Splenda)

EXCEPTIONS: Because we live in the real world. . . .

- ✓ Limit exceptions to once a week. An after dinner mint is okay; a candy bar is a step backwards. Remember you are training your taste buds. Cake is only for birthdays and weddings. Alcohol is safest two to four per week, depending on body weight goals.
- ✓ New habits can be established in as little as three weeks!