



MAKING A MOVE TOWARDS A HEALTHIER DIET

GENERAL GUIDELINES

- Do your best to choose foods that are in season
- Avoid processed foods: packaged, frozen, canned, boxed, wrapped, refined
- Also avoid the following: preservatives, artificial sweeteners, hydrogenated oils, saturated fats, soft drinks or other highly sweetened beverages
- Reduce your coffee intake to one small cup per day
 - Some substitutions to consider include: Green tea, Inca, Chicory, Dandelion, Yerba mate, Rooibos
- The best way to cook your food is to lightly steam, bake or quickly stir fry your meals

PROTEIN

- Choose organic meats
- Limit your red meat consumption
- Increase your non-animal protein sources: beans, peas, lentils, quinoa, nuts, seeds, buckwheat
- Limit your fish intake to a maximum of one meal per week due to the heavy metal content
 - Ideal fish sources include: mackerel, sardines, herring (albacore tuna contains less mercury than other species)

OILS

- Cook with cold pressed extra virgin olive oil or coconut oil- always keep the oils on low heat below the smoking point
- Choose organic butter over margarine to reduce your hydrogenated and trans fatty acid intake
 - Include healthy oils in your meals such as oils from the following: flax, safflower, hemp seed, pumpkin seed, sesame
 - Never heat these oils and store them in air tight containers in the refrigerator
 - Drizzled oils over food after preparation or on cold foods in order to preserve their health qualities

GRAINS

- Incorporate a variety of whole grains into your diet; try a new grain every week!
 - Some example grains: spelt, millet, quinoa, kamut, rice (there are so many to choose from try them all except white rice), buckwheat, barley, oats, bulgur, rye, amaranth

VEGETABLES

- If possible choose organic fruits and vegetables
 - If you cannot purchase organic, wash your food thoroughly with apple cider vinegar diluted 1:10 in water
- Rule of thumb: Veggies should fill ½ of your plate at any meal
- Try to incorporate a variety of vegetables in your day, choosing a variety of different colored veggies, focusing primarily on the dark leafy greens

DRINKS

- If you wish to drink in addition to your 2L of water per day try:
 - Vegetable juices made yourself in a juicer – drink within 24hrs of preparation for maximum nutrient retention
 - Pure fruit juices not from concentrate mixed 1:1 with water to cut down the sugar content
 - Herbal teas: there are so many to choose from, have fun experiment! (Avoid those which use artificial colors or flavors)

SEASONINGS

- Most culinary herbs are medicinal and are a great way to add flavor to any meal. Adding spices instead of salt or sugar can be a good way to get out of this habit and discover a whole new food experience. Cilantro and parsley are great for detox; ginger and turmeric are well known anti inflammatories; apple cider vinegar and wine vinegar aid in digestion; onions and garlic are high in sulfur compounds important in detox