Good Foods=
Whole Foods

- Fruits (Low Sugar)
  - Blackberries, Blueberries
  - Raspberries, Strawberries
- Vegetables* (Low Carb)
  - Broccoli, Cauliflower
  - Cabbage, Brussel Sprouts
  - Spinach, Kale
  - Asparagus, Bell Peppers
  - Mushrooms, Tomatoes
- Nuts
  - Walnuts, Almonds
  - Brazil Nuts
  - Pecans, Macadamia Nuts
  - Peanuts, Hazelnuts
- Seeds (Omega 3 and 6 FA)
  - Flaxseed, Chia Seeds
  - Sunflower Seeds, Pumpkin Seeds
- Olives, Avocados
- Meat, Poultry*(Unprocessed Natural Grass Fed)
- Cheese
- Eggs*(Pasteurized)
- Seafood(Wild Caught)
- Butter
- Olive Oil, Coconut Oil
- Yogurt (Plain, Greek), Cottage Cheese
- Spices
- Clean Water

*Local/Organic if available

"Let food be thy medicine." —Hippocrates

Bad Foods=
Processed Foods

- Refined Foods & Starches
  - Cookies, Cakes
  - Chips, Pretzels, Crackers
  - Pop Tarts, Candy
  - Rice, Bread
  - Cereals
- White Flour, White Bread
- Whole Grains
- Sugar
- Fried Foods
- Processed products containing partially Hydrogenated Oil/Trans-fat (check labels)
- Margarine
- Processed “flavored” Yogurt
- “Low Fat” Foods (are processed)
- Soda, Diet Soda
- Excess Alcohol
- Extremely Low-Fat Diets
  - Increase hunger
  - Obesity
  - Increase consumption of carbohydrates
- “Processed” Carbohydrate Foods (NOT healthy fats)
  - Raise Insulin Levels (storage hormone, stores carbs as fats)
  - Weight Gain, Belly Fat
  - Heart Disease, Diabetes
  - Cancer, Death From Cancer

Don’t forget your favorite exercises!
MANAGING YOUR WEIGHT

The Do’s

- Choose foods that are LOW in carbohydrates and HIGH in Healthy Fats (NO TRANS FATS).
- Choose foods that are 55-60% from fats, 30-35% from protein and 5-10% from carbohydrates.
- Cook using healthy fats like olive oil, coconut oil, almond oil, avocado oil, palm oil and walnut oil.
- Choose water rather than diet sodas and caffeinated drinks.
- Choose natural high fiber foods like fruits and vegetables but keep the carbohydrates to 50 grams per day.
- Drink plenty of water to keep you hydrated and to prevent constipation.
- Keep a daily journal to track what you eat, how much you eat, and how much you exercise.
- Wait 10 minutes before giving in to a craving. Take the time to evaluate whether you are really hungry.
- Eat a balanced diet of vegetables, fruits, nuts, fish, poultry and meats. Limit fruits as they have natural sugars.
- Choose dairy products like cottage cheese, yogurt and sour cream INSTEAD of low fat milk, skim milk or even dry milk.
- Use natural sweeteners and limit alcohol use.
- Exercise for a total of 4 hours a week.
- Eat whole organic foods.

The Don’ts

- Avoid high carbohydrate foods like pastries, pasta, cookies and cakes. These foods will only add pounds and weight.
- Avoid oatmeal, oat bran, whole wheat/grains, cereal, rice and rye as a source of fiber. Remember that these foods are also high in carbohydrates and turn into sugar when ingested.
- Avoid cereal, breads, pasta and other whole grain products. Carbohydrates should be limited to 50 grams a day.
- Never buy low fat products, they are high in carbohydrates.
- Stay away from highly processed foods (including any food in a can or box).
- Trans fats raise levels of LDL and lower “good” HDL cholesterol. NEVER EAT TRANS FATS!!
- Avoid soy, corn, canola, margarine, vegetable oils and cottonseed.
- Do not drink sugared soda.
- Do not weigh yourself more than once a week.

REMEMBER: CARBOHYDRATES = SUGAR