



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