



Eat Right for Life! The 5 Crucial Steps...

1. Do your FATS *right!* This is the most powerful nutritional strategy available to protect your health!

- Strictly avoid trans fats: partially hydrogenated oils (everywhere in processed and fast foods), stick margarine, and shortening.
- Minimize saturated fat: fatty cuts of beef, pork, and lamb, whole dairy products, poultry skin, butter, palm and coconut oil.
- Consume the majority of your fats from the monounsaturated oils: extra virgin olive oil, canola oil, nuts/seeds, and avocados.
- Strive to have a serving of omega 3 fats daily: oily fish (salmon, tuna, mackerel, herring, and sardines), walnuts, canola oil, flaxseeds, omega 3 eggs, wheat germ, and small leafy greens (arugula, watercress, etc.).
- If you do your fats right, you will:
 1. Lower your risk of heart disease and stroke
 2. Lower inflammation in the body
 3. Improve neurologic/mental health
 4. Reduce the risk of some cancers
 5. Decrease LDL (bad) cholesterol and increase HDL (good) cholesterol
 6. Reduce the risk of type 2 diabetes

2. Do your CARBS *right!* This is the second most powerful nutritional strategy available to protect your health!

- Minimize consumption of the highly refined, high glycemic index “bad”, white carbs – white flour products, white rice, white potatoes, sugar, and products containing them.
- I refer to these foods as the “Great White Hazards” because they promote obesity, increase your cardiovascular risk, promote type 2 diabetes in susceptible individuals, promote certain cancers, and lead to rapid fluctuations in blood glucose that aggravate the brain.
- Consume the majority of your carbohydrate calories from the following 4 categories: whole grains, beans/legumes, fruits, and vegetables (the “*right* carbs”). These carbs improve and protect your health!
- If you do your carbs right, you will:
 1. Lower your risk of heart disease
 2. Improve your gastrointestinal health
 3. Lower your risk of cancer of the stomach, mouth, colon, gall bladder, and ovary
 4. Protect against type 2 diabetes
 5. Have greater success with a healthy weight

3. Eat as many and as much a variety of fruits and vegetables as possible – this is the simplest strategy of all!

- Strive to have 7 servings a day (but any improvement counts!)
- The phytochemical power in fruits and vegetables is extraordinary – your “magic bullet”.
- The superstar fruits – berries, cherries, plums, any whole citrus, cantaloupe, kiwi, mango, red grapes, and apples.
- The superstar vegetables – all cruciferous (broccoli, cabbage, cauliflower, brussel sprouts, kale, collards), carrots, garlic, onions, sweet potatoes, dark leafy greens, tomatoes, winter squash, asparagus, and red/orange/yellow bell peppers.
- If you do your fruits and veggies right, you will:
 1. Reduce your risk of heart attack and stroke
 2. Protect against high blood pressure
 3. Improve your gastrointestinal health
 4. Prevent age related vision loss (cataracts and macular degeneration)
 5. Have greater success with a healthy weight
 6. Reduce your risk of a host of cancers
 7. Make meals beautiful, delicious, and exciting

4. Do Your PROTEINS *right!*

- Consume them in the healthiest packages
- Healthy protein packages – fish (oily fish best), shellfish, skinless poultry, beans/legumes, wild game, soy, omega 3 eggs, nuts/seeds and low-fat dairy products (yogurt best).
- Limit the unhealthy protein packages – red meat (especially processed and fatty cuts) and whole dairy products.
- Restrict red meats to 2 servings or less a week. Choose lean cuts when you do.
- Strive to have some healthy protein at each feeding/meal. Protein is nature’s diet pill.

5. Drink the “make-me-healthier” beverages.

- Clean water (should be your primary beverage)
- 100% fruit or vegetable/tomato juice (avoid fruit juice if weight an issue)
- 1% or skim milk or soymilk
- Freshly brewed tea (green, black or white)
- Coffee (in moderation)
- Alcoholic beverages (in moderation) – red wine is best
- Just say “no” to soda (including diet), fruit drinks and sports beverages.