

## **Eat Right! – The 5 Steps to Success**

**1. Do your FATS *right!* This is *the* most powerful nutritional strategy available to protect your health and prevent disease! (see *Plan of Action* for specific directives)**

- *Strictly avoid* trans fats: partially hydrogenated oils (in processed and fried fast foods), stick margarine, and shortening.
- Minimize saturated fat: fatty cuts of red meat (beef, pork, lamb), whole dairy products, butter and palm 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.).
- Doing fats as outlined above had been shown to:
  1. Lower the 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 and improve metabolism.

**2. Do your CARBS *right!* This is the second most powerful nutritional strategy available to protect your health and prevent disease! (see *Plan of Action* for specific directives)**

- 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, promote certain cancers, and lead to rapid fluctuations in blood glucose that aggravate the brain.
- Consume the majority of your carbohydrate calories from those with a low to moderate glycemic index: whole grains, beans/legumes, fruits, and vegetables (ie. the 4 “*right carbs*”). These carbs improve and protect your health!
- Doing your carbs as outlined above has been shown to:
  1. Lower the risk of heart disease
  2. Improve gastrointestinal health
  3. Lower the risk of cancer of the stomach, mouth, colon, gall bladder, and ovary
  4. Lower the risk of type 2 diabetes
  5. Aid in success with a healthy metabolism and body weight
  6. Lower the risk of macular degeneration.

**3. Eat as many and as much a variety of fruits and vegetables as possible – this is the simplest strategy of all! (see *Plan of Action* for specific directives)**

- Strive to have 7 servings (about 4 cups total) 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, peaches, pears, red grapes, apples, and dried or fresh apricots.
- The superstar vegetables – all cruciferous (broccoli, cabbage, cauliflower, brussel sprouts, kale, collards), carrots, garlic, onions, leaks, sweet potatoes, dark leafy greens, tomatoes, winter squash, asparagus, and red/orange/yellow bell peppers.
- Doing fruits and vegetables as outlined above has been shown to:
  1. Reduce the risk of heart attack and stroke
  2. Protect against high blood pressure
  3. Improve gastrointestinal health
  4. Prevent age related vision loss (cataracts and macular degeneration)
  5. Aid in success with a healthy metabolism and body weight
  6. Reduce the risk of many cancers
  7. Make meals beautiful, delicious, and exciting

**4. Do Your PROTEINS *right!* (see *Plan of Action* for specific directives)**

- Consume protein in the healthiest “packages”
- Healthy protein packages – fish (oily fish best), shellfish, poultry, beans/legumes, wild game, whole soy foods, omega 3 eggs, nuts/seeds and low-fat dairy products (plain 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.
- Limit dairy foods to low-fat, reduced fat, and skim only.
- Strive to have some healthy protein at each feeding/meal. Protein is nature’s diet pill.

**5. Drink the “make-me-healthier” beverages. (see *Plan of Action* for specific directions)**

- Clean water (should be your primary beverage)
- 100% fruit or vegetable/tomato juice (avoid fruit juice if overweight, diabetic, or pre-diabetic)
- 1% or skim milk, soymilk
- Freshly brewed tea (green, black or white). Unsweetened best.
- Coffee, unsweetened black or with skim or low-fat milk best.
- Alcoholic beverages in moderation (1 drink or less in women – 2 drinks or less in men) – red wine is best. **Strictly avoid if medically contradicted**
- *Just say no* to sugary beverages – soda (including diet), fruit drinks and sports beverages.

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