

Diet and Nutrition

A good diet starts at the checkout line! To eat smart, you have to shop smart. Use this chart to document the food you have eaten. It is a great way to stay on top of things.

1. Shop the outer isle of the grocery store, which is full of perishable foods that have no preservatives such as produce, healthy lean meats, dairy and whole grain breads. Food in the outer isle tends to be higher in fiber and good fats and sugars.
2. The longer the shelf life of a product, the worse the food is for you. This does not include canned vegetables.
3. Avoid refined sugars and flour. Both are the causes of much disease and obesity in this country.
4. Abstain from artificial sweeteners.
5. Shop with a list to avoid purchasing poor quality foods.
6. Junk food is acceptable once in a while. But it should not be a regular part of your daily food intake.

A good diet does not mean abstaining from all “treats” or junk food. It means that you keep these foods to a limited portion of your diet and that they are consumed in moderate portions. The old adage YOU ARE WHAT YOU EAT - could not be truer. Each year 98% of the “stuff” that makes you up is replaced. If you EAT POORLY you will HEAL POORLY.

Avoid fad diets. Maintain your proper body weight through regular exercise and the above dietary guidelines. You will lose weight steady and be able to maintain it when you make sustainable lifestyle changes. In weight loss, losing it slower is better than fast. Slow and steady wins the race.

Life is a balance tripod. When you live in balance you have true health. When one of the three elements (Mind, Body or Spirit) is neglected, all three will be affected.

Mind + Body + Spirit = YOU.

Live in moderation and live in balance