

Dietary Principles:

1. Your body was not meant to diet. If you eat whole foods, sleep well and exercise your body will find its correct and natural weight as long as you don't give it an artificial time frame for it to get there.
2. Eat lots of whole fruits and veggies. Lots of nutrition - low in calories.
3. Don't eat lots of refined foods. Lots of calories – low in nutrition.
4. Drink –WATER !!!
5. Eat early in the day and progressively less by the end of the day.
6. Do NOT eat artificial sweeteners.
7. Eat lean meats.
8. Eat whole grains. ie. Oatmeal vs Cheerios

General Rules for making Good food choices:

1. Minimize it if it comes ready to eat out of a bag or a box.
2. Minimize liquid calories.
3. Minimize if you can't pronounce ingredients.
4. Minimize if it has more than 5 ingredients
5. The less it has been modified the better.