

The Good Stuff

FIBER

Fiber (more than 3 grams of fiber per serving on the label)

Advantages:

- Decreases hunger
- Decreases constipation, hemorrhoids, and colon cancer

Choose Daily:

Fruits and Vegetables (at least 5 servings total per day)

Whole Grains: whole wheat breads, bran or whole grain cereals, brown rice, etc.

Legumes/Nuts: beans, chickpeas, lentils, healthy peanut butter.

PROTEIN

Including protein at each meal helps decrease your hunger between meals. Choose sources of protein that are low in saturated fat.

Fish (not fried)

Chicken/Turkey (white meat, no skin)

Legumes, Nuts

Egg Whites (not the yellows)

Tofu

HEALTHY FAT

Vegetable Oils (walnut, canola, olive, etc.)

Fish (especially salmon, bluefish, sardines, mackerel)

Walnuts and other nuts

Flax Seed

Fish, walnuts, and flax are high in Omega-3 Fatty Acids which decrease cholesterol and are healthy for your heart.

The Bad Stuff

SATURATED FAT

Saturated fat is found in **all animal products** and raises your blood cholesterol. Unsaturated fat is found in nuts, vegetable oils, and certain fish and does not raise blood cholesterol. However, all fat contains twice as many calories as protein and carbohydrate, so go easy on all high fat foods.

Use Sparingly:

Meats: Red Meat, Pork, Lunch Meat

Dairy: Butter, Ice Cream, Whole Milk, Cream, Cheeses

Note: *Trans Fat* (partially hydrogenated oils) is even worse than saturated fat. Beware of this when you read food labels.

REFINED CARBOHYDRATES

Foods high in refined sugar and starches are high in calories and low in nutritional value. They can cause highs and lows in your blood sugar, which can make you feel hungry between meals.

Avoid:

Candy

Sweets

Soda

Sweetened Breakfast Cereals

Limit Use:

White Bread, Bagels

Pasta

White Rice

Alcohol

GLYCEMIC INDEX

The Glycemic Index is a measure of how high your blood sugar rises after you eat a specific food.

- Foods with a low glycemic index are good.
- Foods high in glycemic index are rapidly absorbed into your blood stream.
- This causes a quick increase in blood sugar and then an increase in insulin levels.
- The insulin takes sugar out of the blood and into your cells where it is either used for energy or stored as fat.
- A lot of insulin makes your blood sugar too low.
- A low blood sugar makes you feel hungry and tempted to snack.
- When you eat foods that have a low glycemic index, (lean protein, fiber), you feel full and you are less tempted to snack.

Low Glycemic Index

Whole grains
Lean Proteins
Fruits, Vegetables
Legumes

High Glycemic Index

Sweets
Pasta
White bread, Bagels
White Rice

HEALTHY EATING MADE SIMPLE



FOR A LIFETIME