



DURING OUR LAST VISIT, WE EXPLORED WHAT NOT TO EAT IN ORDER TO MAKE THE MOVE TOWARD MORE VIBRANT HEALTH. NOW, WE LOOK AT WHAT TO EAT!

AS DR. MARK HYMAN PUTS IT, IF YOU WANT JUNK OUT, PUT JUNK IN. SIMPLE, REALLY. THE FOODS YOU EAT ARE NOT JUST NUTRITION, BUT COMMUNICATION. THE STUFF ON YOUR FORK IS MADE UP OF MOLECULES THAT COMMUNICATE WITH THE CELLS IN YOUR BODY, CREATING OR USURPING ENERGY, TURNING ON AND OFF GENES. EATING THE RIGHT FOODS CAN LEAVE YOU WITH A CLEARER MIND, CLEARER SKIN, MORE ENERGY, LESS DISEASE AND A BETTER OUTLOOK ON LIFE IN GENERAL. SO, WHAT TO EAT?

### Focus on carbohydrates

Now I don't mean breads and cereals at all! I am talking about vegetables and fruits, the more the merrier. In fact, according to Dr. Joel Fuhrman, MD, you can't eat too many veggies. He does qualify that statement so let me explain: when we talk about eating tons of vegetables, in general we are excluding

potatoes and corn (which is a grain, not a veggie!). The majority of the vegetable quota should be green, particularly leaves! Green plants are highest in chlorophyll which is a potent detoxifier—and we all need that. Beyond those, choose a variety of colors to include plenty of phyto-nutrients and antioxidants. Also, eat some raw and some lightly cooked. There is benefit to eating both. As a rule, I eat more raw foods in the warmer months and more cooked foods in the cool seasons. Smoothies are great ways to incorporate lots of produce whatever the meal or season! Juicing is great, too, but save some of that pulp to add to quick breads and spaghetti sauce.

You will do best if you get in the habit of planning meals and snacks, shopping for them each week, and preparing things in advance. Once you get a system down, it is very easy and well worth it. A big pot of soup on the weekends goes really far in the cool weather. Likewise, bowls of quick hummus or guacamole or bean dips are wonderful for meals and snacks.



### Quick notes on how to eat more fruits and veggies:

- Focus on local, seasonal produce. It is fresher, more nutritious and cheaper!
- Snack on raw fruits.
- Eat a big salad every day and add extra greens to your sandwiches if you eat them.
- Cook extra veggies for dinner and have them in omelets, wraps or in salads.
- Have 2 pieces of fruit with breakfast: easy with smoothies, you can also add them to cooked cereals or yogurt, or sliced on sprouted bread with nut butter.

### Using grains wisely

Whole grains are great, but we would do well to reduce our reliance on gluten. Many people have sensitivities to gluten and don't even know it.

- Have a big bowl of brown or wild rice or quinoa in the fridge for quick meals.
- If you need bread, opt for sprouted breads or meal breads. These are less refined than breads made from flour. I like Alvarado St. bread. Try rice wraps for a change of pace.
- Chips and crackers are only good if they are loaded with healthy bean dips and salsas! Choose organic whole corn chips or gluten-free crackers [by Mary's Gone Crackers](#).

### Healthy fats: fear not!

Fats are a necessity in a healthy diet. Fats don't make you fat! Processed carbohydrates make you fat by messing with your blood sugar and wreaking havoc on your insulin levels. Fats make up your cell membranes. You need them! Fats make our skin glow and our hair and nails strong and healthy. Eat more fats!

- Make nuts and seeds your friends. Choose fresh raw nuts, not roasted or coated with anything! Pick from Brazil nuts, cashews, sunflower and pumpkin seeds, walnuts and almonds.
- Eat avocados! Sliced in a salad, wrapped in a tortilla, mashed into guacamole, avocados are delicious and nutritious.
- Embrace olives! Wonderful fats, strong in flavor, a couple olives each day are a healthy addition to your snacks or salads.
- Choose coconut oil. Full of medium-chain fatty acids, coconut oil is tasty and healthy. It is metabolized quickly and has many healing properties as well as providing a quick source of energy. It is great in place of butter in many dishes.



### Putting it all together

If you focus first on eating plenty of green and other vegetables and several fruits each day, you will be well on your way to a healthier diet. **This is where it all starts.**

I know, we were all raised to focus on the meat. Well, that was then, this is now! We know better now!

As we learned at the Institute for Integrative Nutrition, if we focus on the foods we need to eat—namely lots of veggies, fruits, healthy grains and fats—we will crowd out the less nutritious foods we used to eat. It's really that simple. **Drink more water, eat lots of veggies. Eat fruits, nuts, and seeds, everyday.** Make this your base. Then add some protein in the form of

- Beans
- Tofu
- Organic (preferably raw) dairy
- Organic lean meats
- Organic free-range eggs

There you have it. What to eat in a nut shell.



Any questions? Email me @  
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**Sign up for a health consultation with me  
for specific help just for you and your life  
style!**

**Enjoy the rest of the summer!**

**Diane**