

DIETARY GUIDELINES FOR IMPROVED HEALTH & WEIGHT MANAGEMENT

By Annette Schippel, DC

The following information outlines how to start eating a healthier diet. Eliminating certain foods completely will show the quickest improvement in your overall health. It's important to cut them out completely to eliminate the craving for these types of foods and reduce overall cravings.

For the first 2 weeks, avoid grains of all kinds except brown rice.

Eliminate **completely** out of your diet the following things:

1. No hydrogenated or partially hydrogenated oils.
2. No white flour or enriched wheat flour.
3. No soda. (This includes **any** carbonated beverages.)
4. No white sugar, high fructose corn syrup, or artificial sweeteners.

(If need be, reduce gradually over the next two weeks until these items are eliminated.)

Limit these foods to 1-2 times per week:

1. Corn (popped or otherwise)
2. Red potatoes
3. Pork
4. Shellfish
5. Alcoholic beverages

Foods or beverages limited to 1-2 times per day:

1. Tea or Coffee
2. Dairy

Proteins:

Lean meats, legumes, raw nuts or nut butters; you can have 4-6 servings per day. A serving of lean meat is about the size of the palm of your hand. You can also have 2-3 eggs per day.

Important: Have about 40-50 gm of protein first thing in the morning for improved energy and weight loss. This can best be done by having a protein rich shake in the morning.

Make sure that you have 1 large salad per day with some protein on it. It's important to have protein from lots of different sources. No iceberg lettuce!

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Fats:

It's important to have plenty of good quality fats in the diet. (2-4 servings) The following are some choices but you are not limited to only these:

- Nuts
- Nut butters
- Flax seed oil
- Coconut oil
- Butter
- Olive oil
- Avocados

What can you have as much as you want?

Eat all the fresh fruits and vegetables that you want. Dark green vegetables are the best. Beets and sweet potatoes are very good for you as well. Sweet potatoes can be eaten raw as a snack. Carrots, celery, apples, oranges, grapefruit, grapes ... are great to snack on! You can have dried fruits as well but limit them to 1 serving per day. Try to eat 3 servings of fruits and 6 servings of vegetables per day.

For increased weight loss, limit fruits to 1 serving per day and increase vegetable intake.

Drink at least 80 ounces of **water** per day. That is 4 – 20 ounce bottles of water. *Spring water is preferred!* Post this list somewhere so that you can refer back to it often. **Water** should be the main fluid you drink all day!

Extra virgin olive oil is preferred for all of your cooking. Coconut oil and butter can also be used. You can use Real Sea Salt or Celtic Sea Salt. *(It's better to use that instead of what's added to seasonings.)* Use natural herbs and seasonings liberally but make sure they don't contain MSG (monosodium glutamate).

Make sure that you start an exercise program if you are not currently doing one. Start with walking for 20minutes 3x/week and do strength training 3x/week. Pilates or yoga are very good as well. It's important to have some raw fruit/veggies before a workout and eat a good meal the hour following your workout. This will maximize the health benefits you receive from working out.

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Add in whole grains, rice, and pasta after 2 weeks:

But try to limit to 2 servings per day!

Eat whole grains, oatmeal (not instant), brown rice and wild rice (not instant). A good cereal can count as a serving of whole grains. Try Kashi Organic Cinnamon Harvest for a good cereal to have in the morning or as a snack. Any of the Kashi cereals are good. Slow cooking oatmeal is a good choice as well. You can add dried fruit to it or sweeten it with a little bit of honey or stevia.

MENU SUGGESTIONS

Breakfast:

- 2-3 eggs over easy or scrambled. Try sautéed asparagus, spinach, and mushrooms scrambled into your eggs for some variety. Choose any vegetables you like.
- Slow cooked oatmeal with raisins with a tsp. of honey if needed.
- Cereal and milk. (See above for some good choices)
- Whole wheat toast and raw peanut butter. Could have whole grain pancakes instead.
- Egg sandwich on whole grain bread. Use real mayo and real cheese if you like or maybe just some mustard.
- Whey protein shake, add frozen fruits of your choice, cold pressed flax seed oil, and water to desired consistency. (*A shake containing about 40-50 gm of protein is preferred for enhanced weight loss.*)

Lunch and Dinner:

- Large salad with fresh vegetables added, Italian or vinaigrette dressing. Top with some grilled/baked chicken or fish for added protein.
- Brown rice, chicken and vegetables of your choice added in.
- Grilled hamburger or other lean meat, sweet potato and a vegetable or salad.
- Vegetable or chicken soup.
- Spaghetti sauce and rice pasta or whole wheat noodles. (Variation could be a can of diced tomatoes, heated with onions, garlic and any other desired seasonings; then toss with pasta. Add chicken if you like.)
- Thai rice noodles, spinach, carrots, asparagus, onion, garlic, fire roasted tomatoes, seasonings, and grilled chicken. (Vegetables can be whatever you choose.)
- Corned beef, cabbage, carrots and potatoes. Add salad to the meal to get your greens in.
- Homemade chili served with raw carrots on the side.
- Whole wheat tortillas with cooked chicken and salsa rolled up in it; add other vegetables of your choice for more fiber and overall nutrients.
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- Lettuce roll ups: big leafy lettuce with meat and raw vegetables rolled up in it; could drizzle with a dressing.
- Whole wheat bread with natural peanut butter and a good jelly. Side of raw carrots, apple or other vegetables.

Snacks:

- 1 slice of toast and peanut butter
- Apples or celery with peanut butter or plain
- Baby carrots raw
- ¼ cup raw almonds
- ¼ cup of raisins
- ½ cup plain or vanilla yoghurt (needs to be organic), could add half of a banana or other fresh fruit.
- ½ cup yoghurt and 1/8 cup granola sprinkled on top

Snacks and meals are not limited to this but are suggestions to get you started. Remember – DO NOT FRY or MICROWAVE any of your food. Vegetables and fruits must be fresh or frozen!!! Good luck!