

The GOOD, The BAD, The UGLY

THE GOOD:

1. Fiber Foods (*Try to eat at least 25 g per day. The more, the better!*)

Sources: Fruits, vegetables, whole grains, nuts, seeds, legumes, beans.

- Eat fiber rich foods RAW as often as possible – RAW FOOD contains LIVE ENZYMES!
- Ideas for increasing fiber: Washed and ready-to-eat fruits and vegetables; Add berries to morning cereal; Try veggie burgers; Use whole grain bread (Try Ezekiel bread); Use more beans; Add nuts and seeds to salads; Use brown rice; Make mega fiber muffins & pancakes; Fill a large bin with an assortment of raw nuts and dried fruit for snacking.
- Foods with little or no fiber: processed foods, processed cereal, white bread, some wheat crackers, meat, milk, eggs, and cheese.

2. Omega-3 Fats *The Best!!!!*

Sources: Flaxseed (grind 1-2 tbsp. per day in a coffee grinder), Tuna, Cod, Mackerel, Salmon, Halibut, Pumpkin Seeds, Walnuts, Canola oil, Alfalfa sprouts, Soybeans, Free range chicken, Free range eggs

3. Unsaturated Fats (*2 types - Monounsaturated, Polyunsaturated*)

Monounsaturated: Almonds, Cashews, Peanuts, Pecans, Avocados, Canola & Olive Oil

Polyunsaturated: Sunflower Seeds, Pine Nuts, Safflower Oil, Sesame Oil, Corn Oil, Cottonseed Oil, Fish

4. Water (*1/2 your body weight in ounces per day - adults at least 64 oz.*)

THE BAD

Saturated Fats (*Adults should consume less than 7% per day." Dr. Pam Popper, Ph.D.)*

Sources: Beef, Pork, Poultry, Bacon, Butter, Cheese, Coconut & Palm Oils, Milk, Cream, Deli Meats

THE UGLY

1. Transfat

Sources: Any food with partially hydrogenated oil or shortening in the ingredients list; some of the following: cookies, crackers, chips, pastries, bagels, donuts, peanut butter, fried foods, coffee creamers, soups, fast food, candy, margarine, salad dressing, cereal bars etc. (Note: You can find transfat free cookies, crackers, natural peanut butter etc. at health food stores. Also, try *Earth Balance* non-dairy buttery spread (available at Publix) – it's even great for baking!

2. Sugar "The Enemy" –To find out # tsp. of sugar in a product – divide grams by 4.

Stevia - *no processing*

Raw Honey & Maple Syrup - *no processing*

Sucanat - is "Sugar Cane Natural" goes through only 2 processings- great for baking! (1:1 ratio for sugar)

Raw Sugar goes through 17 processings

White sugar goes through 37 processings

Artificial Sweeteners (Aspartame, Nutrasweet, Splenda etc.) – *synthetic - The Worst!!!!*

For Healthy Recipe and Healthy Eating ideas:

www.vegweb.com

www.fandvforme.com.au (this is an Australian website)

www.5aday.com Produce for better health

www.aboutproduce.com

www.healthychoices.org

www.feingold.org