

*Healthy Solutions Program*

## **Healthy Solution Group Coaching Program**

### **Food Guidelines**

#### **Proteins**

- Whey protein, I will introduce you to some products.
- Fish (grilled, baked or broiled) especially salmon, which is rich in essential fatty acids.
- Canned tuna (water packed) once or twice a week.
- Low fat or fat free cottage cheese, look for organic.
- Chicken breast skinless, a serving is about the size of a deck of cards, look for hormone free.
- Turkey (white meat, skinless) avoid processed turkey.
- Eggs and egg whites.
- Tofu, use the organic type. Soy is very popular right now. Recent studies indicate that too much soy will inhibit zinc production that affects your thyroid and blood sugar balance.
- Legumes and short grain brown rice combined.
- Pork and beef are actually poor sources of protein, deplete calcium, are hard to digest and are **not recommended**.
- Keep your meats lean.

Need tasty alternative protein sources.

Check out these sites:

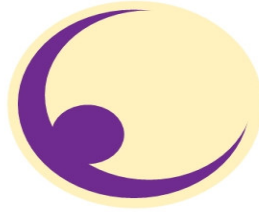
[www.quorn.com](http://www.quorn.com) (I like the meat crumbles)

[www.lightlife.com](http://www.lightlife.com) (I love the smart dogs and the gimme lean ground sausage)

[www.bocaburger.com](http://www.bocaburger.com) (I love the crumbles and the burgers)

#### **Simple Carbohydrates**

- Eat Fruit and Vegetables
- Stay away from refined sugar, flour and white rice.
- Eat Chips, crackers, and bagels that are whole grain only
- Do not drink juice



### *Healthy Solutions Program*

Simple carbohydrates digest quicker when eaten alone thus causing a quicker rise and fall of your blood sugar levels, leaving you hungry again quickly.

Combine carbohydrates with a protein and your blood sugar level stays balanced. Balanced blood sugar level is the key to weight loss and hormonal balance.

#### **Complex Carbohydrates**

- Short grain brown rice
- Whole grains - oat bran is the most beneficial for weight loss.
- Bread when it is whole grain
- Oatmeal
- Combine beans and lentils with whole grains or brown rice for a complete carbohydrate/protein meal.

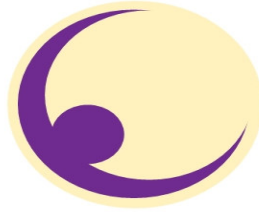
#### **Fats**

- Use olive oil
- Use Essential fatty acid spread at health food store in place of margarine
- Raw almonds are great! Peanuts and peanut butter are okay in its natural state occasionally
- Your fat should come from eggs, fish and olive oil -Keep fat intake below 20% of total caloric intake
- Use raw organic butter to bake with when needed.

Beware of “no fat, low fat” packaged foods. Targeted towards the health conscious individual, these foods are rarely healthy. For instance, various viscous substances added to low fat dressings to mimic the thickness and smooth texture of oil. These-fat mimickers do not occur naturally and our bodies cannot metabolize them. Excess sugar and salt usually accompany these types of products.

Most people are aware of the detrimental effects of hydrogenated oils such as margarine, but few are aware of the toxic effects of a diet high in unsaturated oils, excluding olive oil.

- Unsaturated oils can inhibit enzymes essential to metabolic and digestive processes



### *Healthy Solutions Program*

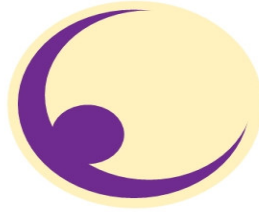
- Unsaturated oils can affect important enzyme processes, including the digestion of protein and the healthy function of the thyroid gland.
- Circulating unsaturated oils can lead to insulin resistance and a diet high in safflower oil may cause diabetes
- Fats come in three forms. Saturated, monounsaturated and polyunsaturated.
- Hydrogenated and trans-fats refer to a synthetic process in which natural oils are broken down into a semi-solid fat by adding a hydrogen atom. The molecules that make up these fats, called trans-fatty acids, interfere with the healthy functioning of our bodies due to their unusual molecular shape.
- Essential fatty acids are unsaturated fats required in the diet, referred to as Omega-3 and Omega-6 oils. A quick list here: Olive oil, Evening primrose oil, Walnut, Flaxseed, Sesame and Sunflower oil, assuming these have not been tampered with and have been minimally processed without heat.

### **Sugar**

Sugar is a common culprit to health issues such as obesity, hypothyroidism, and diabetes. Start reading labels. Any product listing any of the following does contain sugar. Being aware of your own blood sugar balance is key to feeling healthy and having consistent energy levels.

- Dextrose
- Glucose
- Fructose
- Corn sweetener
- Malt dextrin
- Malt
- Sorghum
- Modified cornstarch
- Corn syrup
- Fruit juice concentrates
- Sucrose
- Sorbitol
- Dextrin
- Lactose
- Mannitol
- Xylitol

**Nutrients that help balance and control blood sugar levels**



*Healthy Solutions Program*

- Chromium Pycolinate
- Vanadyl sulfate
- Zinc
- Inositol
- HCA
- B complex vitamins
- Manganese
- Vitamin C
- Alpha lipoic acid
- Green tea
- Stevia
- Dietary fibers such as pectin (in apples) and guar gum

**Water**

- Drink 100 ounces of pure water a day!

You can do everything right and miss the most important element to your health...WATER

Water is what flushes the toxins out of the body and helps break down fat and move it out of the system. Dehydration is very common and also very unnecessary.

**More tips**

- Eat small meals 4 or 6 a day.
- Eat fruit and vegetables daily - plan for this
- For the sake of clarification, a serving is no bigger than the palm of your hand.
- Fat is the way your body protects itself from starvation. The less frequently you eat, the slower your metabolism becomes and the more fat your body stores.

Eat balanced meals that leave you satisfied but never full. Practice awareness of how full you are. We have all noticed the feeling of fullness that occurs 20 minutes too late when the blood sugar rises as our internal signal to stop eating. However, I am sure you have also noticed, you can eat a lot in 20 minutes, especially when stressed.

Learn first to pay attention to the subtler, early cues (increasing tightness across the abdomen, decreasing pleasure in food), then practice asking yourself 'Am I full yet?' and spare yourself the discomfort associated with loosening your belt.