

## Nutritional Guidelines For GOOD Health

1. Assess what you “like to eat and work with a balance to honor your preferences. Sometimes choosing food you think you “should” eat can be less healthy.
2. Eat your meals on a smaller plate 6” not 10” plate.
3. Human bodies get hungry ~ eat every 4 hours. If you feel hungry and it has been almost four hours since your last meal, you are probably hungry and it is time to eat.
4. Eat to satisfy your appetite. Appetite normally and naturally varies so it is normal to feel hungrier on some days and less hungry on others.
5. Put your fork down between bites. It takes your brain 20 minutes to register fullness.
6. Deprivation is a setup for overeating. Include your favorite foods and enjoy social obligations and appointments. Getting overly hungry hurts. Avoid it when possible and nurture yourself.
7. Don’t shop for food when you’re hungry.
8. Limit total fat intake and allow for “thin” amounts of healthy fats such as:
  - Monounsaturated fats: nuts, natural nut butters, seeds, avocado, tofu, and olives.
  - Omega 3 fatty acids: fish, flax seeds, walnuts, and canola oil.Minimize: Saturated Fats; fats in and from meats & poultry, lard.  
Avoid: Trans fats: fried food, hydrogenated oils, confectioners (processed sugar).
9. Maintain a healthy protein intake & eat what you need per day: 4-6 oz. for women, and 7-10 oz. for men.
10. Carbohydrate intake is to be adequate to maintain energy and exercise needs. Fruits & Vegetables (10 x ½ cup serv./day): Lentils, beans potatoes, rice, whole-grain (4 x ½ cup serv./day).
11. Increase fiber intake to 35+ grams per day.
12. Include low fat dairy products, such as non-fat milk and yogurt, or almond and soymilk, for bone health and to help maintain normal weight.
13. Drink Water! Often we feel hungry when we are actually thirsty. Limit of avoid liquid calories. Water is the #1 nutrient.
14. Move about more and/or start and exercise program.
15. Screen time ON>>>Food OFF! Food ON>>>Screen time OFF