

Healthy Eating Tips

Calories:

Eat every 2-3 hours! Think 100 calories per hour @ 300 calories per meal/snack if eating every 3 hours. ALWAYS EAT BREAKFAST – DO NOT SKIP MEALS!

Protein:

Eat 10 + grams of protein per meal or snack to avoid hunger. .8 grams per kg body weight. Ex. 150 lb person = 68 kg (2.2 lbs/lb). *Lean all natural no hormones added meat (chicken, turkey, fish). Organic all natural greek yogurt, black beans, lentils, nuts, seeds, nut butters and whole soy products.*

Carbohydrates:

No more than 30-45 grams per meal/snack. *Fruits/starchy veggies/whole grains/beans/lentils.* Keep simple carb choices to a cheat day or once per week: white flour/white rice/white pasta, candies, cookies, soda, pastries.

Fiber:

Recommendation is 25-30 g of fiber per day from food alone. *Whole grains, legumes, beans, fruits and veggies.*

Omega 3 Fats:

Recommendation is 1-3 grams (1000-3000mg) per day. These fats improve heart and brain function. *Chia seed, ground flax, hemp seed, fish, nuts, seeds, avacodos, olives, extra virgin olive oil, coconut butter.*

Sugar:

No more than 25 grams of ADDED sugar per day including honey, cane sugar, molasses, brown sugar, all “ose” endings. Natural sugars from fruits, veggies and dairy do not count. KEEP ALL DRINKS WITH ADDED SUGAR TO A MINIMUM!

Ingredients to avoid completely:

High fructose corn syrup, artificial sweeteners, trans fats (fried foods) & hydrogenated oils. READ ALL INGREDIENT LABELS!

Resources: American heart association, World Health Association, National Dietetics Association, Center for Disease Control, & The Daniel Plan