

Simple Clues for Healthy Eating

My clients have heard me say this hundreds of times - in general, eat early, and eat big. Get your metabolism off to a strong start first thing in the morning. Get your body trained to begin fueling the 'ol furnace right off the bat. Many folks tell me they 'can't eat breakfast'. Usually these folks have some weight to lose, and believe it or not, this not eating breakfast habit is one culprit. If you don't eat breakfast, begin training your body to expect fuel as soon as you wake up by starting small. Very small. Eat something like dry toast that your stomach can handle right off, or fat free yogurt, or something simple and bland along those lines. No, it won't feel good in the beginning - however ask anyone who's made the effort - it will feel much better in the long run. Remember - if you want to change your body, you have to expect to have some discomfort related to CHANGE. *If you keep doing what you are doing, you'll keep getting what you got.*

14 SUPERFOODS

This is a list of foods very high in phytonutrients, carotenoids and antioxidants as well as a healthy assortment of vitamins and minerals. To read more in detail, I recommend Superfoods RX, by Steven Pratt and Kathy Matthews. Here's the list, and try getting in most of it during the day (especially during the holiday season while stress is high - this is where those phytonutrients and antioxidants come in especially handy):

Beans

Blueberries

Broccoli

Oats (steel cut is best, rolled is next, instant only in emergency)

Oranges (grapefruit or watermelon if you don't like orange)

Spinach

Pumpkin

Salmon

Soy

Tea (green or black)

Tomatoes

Turkey

Walnuts

Yogurt (soy or dairy)

Also make sure you are taking a GOOD, HIGH QUALITY multi-vitamin and mineral complex - not a cheap variety off the supermarket shelves- this is not an area to be budgeting.

EAT OFTEN - aim for 5-6 small meals a day to keep that metabolic furnace burning. To keep a fire burning, you don't stop giving it fuel. You do the opposite - you fuel it up. And not with damp, poor fuel - you give it good fuel to stoke the fire. Same with your body furnace - your metabolism - don't slow it down with cheap poor fuel sources (refined, processed food and sugars) but whole natural fiber-filled fuel and clean lean proteins. Lots of vegetables. Avoid anything deep fried.

My clients are always amazed that the fat comes off as they raise their eating - eating more often, eating higher quantities of whole foods.

EAT WHOLE FOODS - be suspicious of anything boxed, bottled or canned. Just because it says 'organic' or 'healthy' on the label does NOT mean it is whole healthy food that will fire up your metabolism. The closer to the source of growing in the ground, the less processed, the better it is for your body. There is a big difference between a potato that is grown, cooked, macerated in a machine, dried and powdered, chemicals added, and boxed as mashed potatoes and the potato as is from the ground, popped in the oven.

Think about the journey of an oat to the production of a single Cheerio. That oat goes a long distance from the life-giving source of the soil it was grown in. *The further a food is from its source, the less nutrients it contains.*

Try shopping the outside perimeter of the grocery store - that's where the vegetables, fruits, meats and seafoods are. The more interior you get into a supermarket, the more processed and refined the 'foods' are.

SUPPLEMENTS: Outside of a good complex vitamin/mineral, don't take any supplement unless you know EXACTLY WHY YOU ARE DOING IT, and what to expect. Don't get ripped off.

NO, THERE IS NO MAGIC DIET PILL. PERIOD.

READ, RESEARCH, STUDY. Get to know what is going into your mouth, and whether or not it SHOULD go into your mouth. Educate yourself. A good online place to start with health questions is www.mercola.com. Dr Mercola provides a wealth of information and a variety of sources to learn more about virtually any health topic.