

Nutritional Guidelines

Shopping

- Think outside the box. Avoid pre- packaged foods. Eat foods with a peel.
- Largely avoid the middle aisle and avoid the large middle. Produce and live foods are around the perimeter of the store. Cookies, chips, soda, canned foods are in the center aisles
- Avoid isle 7B. (see above)

Food choices

- If you can't pronounce it don't eat it. Most food additives and chemicals are not good for you.
- Don't eat anything you can't bless. Honestly, could you bless a Twinkie and eat it?!
- Eat Produce. Fruits and veggies come direct from the Manufacturer. He knows what you need. The Manufacturer includes all the vitamins and micro-nutrients. Vitamin pills are not necessary if you get your food in its original form.
- Fins and Feathers are Fine, Forget about Four-Footed Food. Poultry and seafood have less fat or a healthier fat (Omega 3) than beef or pork or lamb.
- An all beige meal is bad for you. You need a variety of foods to make sure your diet includes all you need. Eat colorfully!
- Avoid the south end of the cow. Dairy is high in fat unless you use non-fat products.

Restaurants

- You choose—you lose. *Who decides what you eat: the restaurant or you? Eat ala carte-the complete dinner is too much. Skip the bread. Put half your meal in a doggie bag before you start eating.*
- Who's giving the orders? *Decide what YOU want before you see the menu. Food cues trigger bigger eyes and bigger bellies.*

Weight, weight, don't tell me. You know what is a healthy weight for you. Obsessing about it (see below) is depressing and counterproductive. Ignoring it (think Denial) leaves you powerless to change.

- A great waist is a terrible thing to mind. The Clean Plate Club makes you waist your food.
- Cartoon definition: "Infatuate: in fat you die." Of all foods, fats have the highest calories (9cal/gm compared to 4cal/gm for carbs or protein). Of all foods, fats have the greatest hazard of cancer. Overweight makes you under-lived.

Exercise: More foot, less fork. Enough said.

