

Healthy Lifestyle Eating Guidelines

When it comes to diet, think of what the primitive man ate. If the food item has been around for thousands of years, it is okay to eat. If it is a modern day creation, it is probably created in a lab and has ingredients that are impossible to pronounce and probably not so good for you.

1. **Avoid eating out as much as possible.** Any home cooked meal is 100 times better than a restaurant cooked meal. If you think you are getting the healthy option at a restaurant, there is no such thing. In primitive times, man had to hunt and gather for food. Now all we have to do is stop by our local grocery store. The least we can do is spend sometime to cook our meal. Our social lives should not revolve around food. However, our home lives should involve the kitchen.
2. **Use all fresh ingredients.** fresh garlic, fresh ginger, fresh herbs. Do not use powdered or dried herbs, much of these are prepared with preservatives as a filler. Avoid canned ingredients, i.e. tomatoes, beans, broths, corn, etc.
3. **Avoid sodas, shelf juices, powdered drinks.** These are full of high fructose corn syrup, preservatives, sodium, acid and made in a laboratory.
4. **If you want salt, use it in moderation.** Do not mess with salt substitutes. Salt is a naturally occurring element and is found in all naturally occurring food products. There is nothing wrong with adding a little salt to flavor our foods. In fact, avoidance of salt results in thyroid problems. The problem is when salt is used as preservative as in canned, bottled, and packaged foods.
5. **Avoid laboratory creations of naturally occurring foods.** Sweet and Low, Equal, Splenda, Egg beaters, etc.
6. **Limit your intake of red meat.** Increase your intake of fish and alternate sources of protein, i.e., beans, lentils, nuts
7. **Increase your intake of fresh fruits and vegetables.** Avoid spoiling their benefits with the addition of dressings and dips.
8. **All foods are best in their natural forms.** Avoid the items if there was additional step to alter them, i.e, decaffeinating tea and coffee, fat free yogurt, sour cream, cottage cheese, etc
9. **Avoid canned foods, frozen entrees, bottled dressings.** If you read the labels, you will see too many ingredients you cannot pronounce.
10. **Everything in moderation.** combine your healthy eating habits with the addition of exercise. Remember our bodies are created to move!