



Nutrition Steps You Can Take Today

- 1. Bring consciousness to the foods you eat. Check in with yourself and ask if they are natural, wholesome, and in alignment with the health of your body and spirit!*
- 2. Respect your body and make a commitment to eat real, whole foods. Clean out your kitchen cupboards and get rid of any foods that no longer serve your health and wellness goals.*
- 3. Focus on consuming nutrient dense foods instead of counting calories.*
- 4. Practice proper digestive supporting techniques. Eat slowly, chew all food well and eat just to the point of fullness without feeling over full. It takes twenty minutes for your stomach to register how full it is, so give it time to process what you've consumed.*
- 5. Shop at farmer's markets and purchase local, organic produce whenever possible. Get to know your local farmers!*
- 6. Always read nutrition labels. Select products with whole food ingredients you recognize. If you can't pronounce it, skip it!*
- 7. Don't consume spoiled food. Learn to recognize the smell of rancidity. Avoid nuts, seeds and whole grains that carry this telltale smell of spoilage. Store raw nuts and seed in the freezer.*

8. *Avoid all products that contain hydrogenated oils, these products contain harmful trans fats. Avoid ingredients like: Vegetable Oil, Margarine, Hydrogenated Vegetable Oil, Shortening or Partially Hydrogenated Vegetable Oil.*

9. *Do not consume products containing high fructose corn syrup, agave nectar or artificial sweeteners.*

10. *Avoid food preservatives, dyes, artificial colors and flavors.*

11. *Try organic almond, hemp or coconut milk instead of cow's milk. If and when choosing traditional dairy select organic products.*

12. *Reduce animal product consumption. If and when purchasing meats or animal products ensure they are organic, grass fed, hormone and antibiotic free and or free range.*

13. *Include more plant based proteins in your diet. Choose beans, nuts and seeds, lentil, peas, whole and sprouted grains like quinoa, buckwheat, millet, kamut, spelt and amaranth.*

14. *If you consume fish ensure it is wild caught and not farmed and low in mercury. Check out the mercury levels in specific fish [here](#).*

15. *Eat the Rainbow! Enjoy a wide variety of fruits and vegetables; try brightly colored and new produce. Each vegetable or fruit contains a unique set of health promoting properties and antioxidants, take advantage of them all!*

16. *Load up on dark leafy greens! Spinach, kale, chards, collards and mustard greens are all packed with powerful antioxidants and can easily be incorporated into meals. Try a handful of greens in soups or smoothies, wilt them in pastas or an organic egg scramble or snack on a fresh salad when you prepare dinner.*

17. Don't forget your raw fruits and veggies! Raw foods are packed with important enzymes necessary for optimal health.

18. Snack smart. Keep raw veggies washed and accessible for quick and convenient snacking. A great hummus or homemade guacamole makes a nutritious accompaniment and great alternative to commercially produced snack foods. Try homemade baked root vegetable chips sprinkled with Himalayan Sea Salt or a handful of nuts and seeds in lieu of processed salty snacks.

19. Select fresh fruits and vegetables whenever possible. Avoid canned products; if fresh produce is not available choose frozen products over canned ones. Ensure frozen produces contain no added salt or sugars.

20. Skip the refined sugar. While all sugar should be consumed in moderation, there are great alternatives to refined sugars available. Try baking with natural sugars from dates, bananas or the all natural, sugar free sweetener, green leaf Stevia powder.

21. Incorporate healthy oils into your daily routine. Olive and Flax oils (omega 3's) make great salad dressings and are excellent used fresh. Camelina (omega 3's,) Coconut or Avocado oils are excellent for cooking and baking with as they have high smoke points and won't oxidize with heat creating harmful free radicals.

22. Minimize the use and consumption of oils high in Omega6 fatty acids. These include safflower, corn, soybean, sunflower and cottonseed oils.

23. Fat is your friend! Incorporate healthful fats into your diet (see above oils) like avocados, organic nut and seed butters and organic, raw nuts and seeds like hazelnuts, walnuts, almonds, pumpkin, sunflower, hemp, chia and flax seeds.

24. Avoid refined grain products made white flour. Choose whole and sprouted grain alternatives.

25. *Avoid all fried foods and most prepared snack foods, commercially produced pastries and convenience foods which can be filled with trans fats, artificial flavors, sweeteners, refined sugars and grains.*

26. *If you drink coffee or eat chocolate choose organic, fair trade products whenever possible. Darker forms of chocolate with higher cacao percentages contain greater health benefits.*

27. *Inquire about ingredients, methods of preparation and dietary preferences when eating at restaurants. Check out menus online before hand to ensure healthful choices are available when dining out. Most establishments are happy to work with any dietary concerns you may have.*

28. *Do not use traditional table salt. Choose Himalayan Sea Salt instead for all culinary uses. Himalayan Sea Salt contains trace minerals necessary for optimal health; table salt is refined and does not contain these minerals.*

29. *Avoid purchased desserts and baked products. They are often made with excessive sugar, refined grains and trans fats. Bake at home using natural sweeteners, whole grains and healthy oils.*

30. *Grind organic flax seeds every couple of days in a coffee grinder and store them in your refrigerator for added Omega 3's. Add them to daily meals, like salads, smoothies, cereals, baking, stews or sandwiches.*

31. *Choose organic potatoes of all different varieties! Bake them with the nutritious skins on. Make hand cut oven baked fries tossed with healthy oils and Himalayan Sea Salt instead of French fries. Try Yam or Sweet Potatoes as a healthful alternative.*

32. *Drink lots of pure water! Avoid soft drinks, diet sodas, excessive caffeine and other sugar filled beverages. Include organic green and herbal teas, and pure*

water flavored naturally with fresh mint, cucumbers, berries or citrus fruits. Herbal teas make great iced tea, blend different flavors to create your own healthful beverages.

33. Limit saturated fat from animal sources. Minimize commercial dairy products and fatty meats.

34. Don't ever let others intimidate or make you feel uncomfortable about choosing to eat healthy! Lead by example and offer your experiences with altering your diet when people inquire about the changes you've implemented. Know your support system and tune into them when you need encouragement. Stay motivated and know all things worth greatness take time and hard work!

35. Step outside your comfort zone! Try a new ethnic cuisine once a week, research a new ingredient, pick a recipe you've never tried before, try a new healthy cafe, buy a new cook book, go meatless a couple of days a week. However your "foodie adventure" looks to you, go with it! The possibilities are limitless and the more you explore the more inspired you will be to keep doing so!

36. Approach change with a positive, open attitude and be up for anything! Changing the way you eat is not about "giving up the good stuff" it's about exploring a whole new world of opportunity, ingredients, flavors and foods that support your life and your ability to live it in the most vibrant and radiant way possible!