savory living
Eat well. Feel better.

Make Healthy Eating Happen!

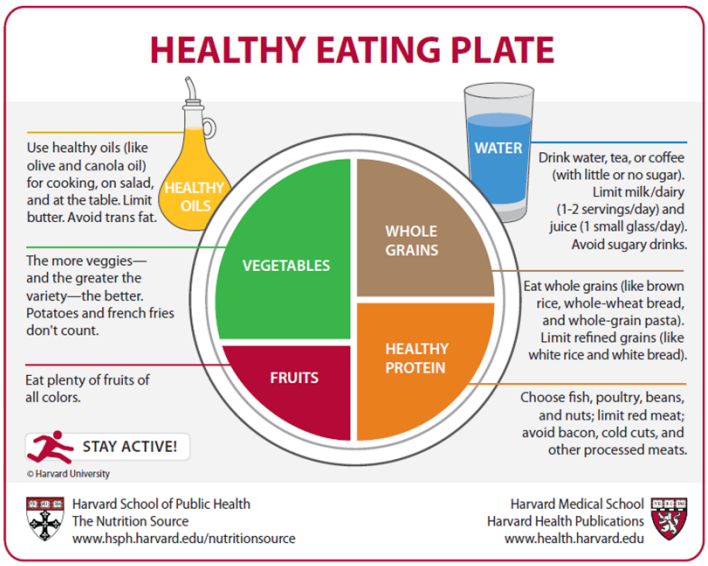
A delicious, enjoyable and easy approach

I. What is healthy eating?

<u>Two Principles</u>

1. **Eat more real food**
   - *Less packaged, processed food*

2. **Practice "Proportion Control"**
   - *Vegetables and fruits (50%)*
   - *Protein (25%)*
   - *Grains (1-2 servings)*
   - *Dairy (no more than 1-2 servings)*
   - *Include healthy fats*



II. Making it happen – how to eat

- "Crowd in" nutrient-rich foods
  - Vegetables, fruits, beans, seeds, nuts, avocadoes, olives
- Drink water, avoid juice and soda, "flavored" drinks
- Enjoy WHOLE grains - in moderation
  - 1 to 2 servings a day
- DAIRY – "Limit milk and dairy to 1-2 servings a day"
- PROTEIN – be selective
  - Plant-based sources – eat MORE
  - Animal – lean, AVOID processed meats (bacon, cold cuts, hot dogs)
  - Fish – No more than 1-2 serving a week, choose low mercury and PCBs, high omega-3s
- Include Indulgences

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III. Eating well – how to do it

Set the intention

How I eat matters. I eat to support my body. I am loving myself with food.

Set the actions

This is how I choose to eat:

1. **I eat more of some foods, and less of others**
   - More: vegetables, greens, fruits, beans, seeds & nuts, avocados, olives
   - More: water
   - Less: grains (1-2 a day); dairy (2 a day)
   - Less: sugar from processed foods
     - Read labels and stick to daily limit
       - Women: 24 grams (6 tsp)/day
       - Men: 36 grams (9 tsp)/day
       - Preschoolers: 16 grams (4 tsp)/day
       - Ages 4-8: 18 grams (3 tsp)/day
       - Pre-teen and teenagers: 20-32 grams (5-6 tsp)/day
2. **I eat a variety of foods**
   - "Eat the rainbow"
   - Different foods, flavors, shapes, textures, temperatures
3. **I have treats, but not all the time**

IV. The approach – how to assemble healthy meals and snacks

- **Eat 2:1**
  - 2 parts carbohydrate
  - 1 part healthy protein
- **Include Healthy Fats**
  - Olives, nut and seeds, avocados

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V. Eat what you like – assemble 2:1

Carbohydrate (2)

Vegetables

- Kale, collards, bok choy, watercress, spinach, swiss chard, broccoli rabe
- Carrots, celery, cucumber, red/yellow/orange peppers, zucchini, jicama
- Snap peas, pea pods, green peas
- Broccoli, cauliflower, asparagus, brussel sprouts
- Sweet potatoes, parsnips, eggplant
- Olives (green, black)…

Fruits

- Apple (tart, sweet, granny smith, yellow), pear, banana, grape (green/red), orange, clementine, cherry, nectarine, peach, plum
- Strawberry, blueberry, raspberry
- Watermelon, cantaloupe, honey dew
- Kiwi, avocado, pineapple…

Whole Grains (limit to 2 a day)

- Bread, wrap, bagel, muffin
- Crackers, chip like products
- Cereal, cereal bar, granola, oatmeal
- Pasta, rice

Protein (1)

Beans + Lentils

- Beans - Black, kidney, chickpeas, white
- Lentils – black, red, green
- Blended dips (hummus etc.)
- Bean dishes (tacos, salads, chili, baked)

Dairy (limit to 1-2 a day)

- Yogurt
- Milk
- Cheese - cottage cheese, cheddar, parmesan, blue cheese, feta, gouda

Nuts and Seeds

- Whole/sliced; roasted/raw

Animal

- Avoid processed meats (cold cuts, hot dogs, bacon)
- Fresh cooked chicken, beef, turkey
- Fish (low mercury and PCBs)
- Canned salmon (avoid TUNA)
- Eggs

Eat well and feel better. Let Savory Living show you how to…

Turn healthy eating into a delicious and rewarding daily habit! Create a personalized healthy eating plan, and learn the cooking and flavoring skills you need to succeed!

We offer health coaching, online nutrition and healthy eating and cooking classes, and corporate programs.

Make healthy eating happen – call us today!

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