



# Choose Joyful Health

Move well. Feel good. Do what matters.

Five Steps to Eating Well

*Start Now!*

STEP  
1

## Be a Nutritarian

Choose nutrient-dense foods. Eat at least five servings of fruits and vegetables per day. Aim for three vegetables and make at least one of them green.

A serving is:



1/2 cup



1 fruit such as 1 apple



1 vegetable such as 1 medium carrot

STEP  
2

## Eat Real, Whole Food (Cut out the Crap!)

Stop eating junk food with no nutrition, such as soda, sweetened drinks, chips, cookies, and candy. You will likely go through a detox/withdrawal process in which you crave those foods. Replace with nutritarian foods such as fruits, veggies, and raw or dry-roasted nuts and seeds and no-sugar nut butters.

***Read the label – every time!*** Avoid high-fructose corn syrup, colors, and things that are low-fat, enriched, bromated, hydrolyzed, autolyzed, hydrogenated, partially hydrogenated, fractionated, or isolated.



### STEP 3

## Stop the Sugar

Eliminate all packaged food (and drinks) that have added sugar and fake sugar in the ingredient list.

*Here are some code names for sweeteners: maltodextrin, caramel, diastase, fructose, glucose, invert sugar, maltose, rice syrup, sucrose, fruit juice concentrate, evaporated cane juice, dextrose, crystalline fructose, beet sugar, sorghum syrup, ethyl maltol, barley malt. Avoid sugar alcohols such as: xylitol, sorbitol, mannitol, maltitol, isomalt, lactitol, hydrogenated starch hydrolysates, and erythritol.*

*Replace grains, pasta, and bread (as many servings as you can) with vegetables, proteins and healthy fat, such as avocados, nuts, and seeds.*



Trust that your taste buds will adapt, and soon you will not crave sugary foods anymore.

### STEP 4

## Reduce Inflammation

Eat wild-caught cold-water fish like salmon, tuna, herring, mackerel, and sardines, 2-3 times per week. These fish are rich in Omega-3 fatty acids, specifically EPA and DHA, that are good for your heart, brain, joints, and mood.

Eat dark-skinned plants, a wide variety of herbs and spices such as ginger, turmeric, basil. Drink black and green tea.

Replace Omega-6 and inflammatory oils with organic butter, coconut oil, and cold-pressed olive oil.

*Avoid these oils:*

- |              |                         |             |                 |
|--------------|-------------------------|-------------|-----------------|
| ✘ Canola     | ✘ Grapeseed             | ✘ Safflower | ✘ Sunflower     |
| ✘ Corn       | ✘ Hydrogenated anything | ✘ Sesame    | ✘ Vegetable oil |
| ✘ Cottonseed | ✘ Palm Kernel Oil       | ✘ Soybean   | ✘ Walnut        |

### STEP 5

## Seek the Source

You are what you eat. You are what you eat eats. Eating organic products is always a healthy choice, but it's extra important when choosing animal products such as meats and dairy. It's even more important than it is to eat organic vegetables. That's because animal products are condensed forms of everything the animal ate in its lifetime. The pesticides sprayed on plants and chemical medicines given to animals are condensed and passed on to you.

The animal should be fed what it would eat in nature. That means no antibiotics and no growth hormones and no foods that are chemically treated. Cows eat grass, not corn. Purchase meat, eggs, and dairy from a known source.



*It's important to choose organic produce when you buy the following items. **That's because over 90% of the U.S. crop of these plants is genetically modified.** The plants may have been altered to withstand chemical pesticides.*

*Alfalfa, Canola, Corn, Cotton, Papaya, Soy, Sugar Beets, Zucchini, and Yellow Summer Squash*



The **Dirty Dozen** are produce items to purchase organic whenever possible because of their pesticide concentration: apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries, bell peppers, hot peppers, kale and collard greens. (Labeled on your shopping guide.)

The **Clean Fifteen** are produce items that are safer to buy conventional (not labeled organic). Asparagus, avocados, cabbage, cantaloupe, cauliflower, eggplant, grapefruit, kiwi, mangoes, onions, papayas, pineapples, sweet corn, sweet peas, sweet potatoes.

### *Bonus Tips!*

*Eat when you are hungry.*

*Stop when you are full.*

*Rest when you are tired.*

*Ask yourself, "Is this the best choice I can make right now?"*

*Do your best.*

*That's enough.*



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Visit  [www.choosejoyfulhealth.com](http://www.choosejoyfulhealth.com) for more healthy lifestyle tips & tools.

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