

# FOODS TO AVOID



## SUGAR, INCLUDING ARTIFICIAL SWEETENERS

Obviously you find sugar in candy, chocolates and ice cream but you would be surprised how much sugar you find in different products. Check the nutritional facts and ideally stay under 5g of sugar per serving.

## PROCESSED GOODS

From chips and cookies to bread and noodles. They are often highly processed and do not provide many, if any, healthy nutrients. Wheat is a source that you will often find in processed goods, however, in this case it does more harm than good!

## FROZEN DINNERS

Frozen dinners are convenient and easy for a quick fix at home, we understand that. Unfortunately, it is often loaded with sodium, preservatives, food colorings and other unhealthy ingredients.

## SODA

Preservatives, sugar, food coloring, sugar, sugar, sugar. Do we need to say more? Soda causes weight gain, headaches and several other diseases.

## (Kids) CEREAL

You may think this must be a healthy choice. Who would risk a kid's perfect health, right!? Unfortunately you will often find lots of sugar and food coloring that harm anyone's health. Big or small....

## NO SUGAR & FAT FREE SIGNS

Foods with labels like "no sugar added" or "fat free" often make the impression of being healthy. However, most of the time they are filled with artificial sugars and trans fats to make up for the taste. Go with natural ingredients!

## PROCESSED MEAT

Processed meats such as lunch meat and sausages are filled with sodium, saturated fat and preservatives. To create a healthier sandwich version choose a piece of chicken instead.

## MARGERINE/ TRANS FATS

The food industry puts a lot of effort into making less healthy food choices "healthier" by changing them chemically. Unfortunately, the new version is usually less healthy than the natural kind. Choose natural butters and limit the amounts for a healthy lifestyle instead.

## FLAVORED YOGHURT

Yoghurt is often assumed to be a healthy food choice. However, flavored yoghurts are often loaded with sugar and artificial flavors. To choose healthy pick plain yoghurt and sweeten it up with your own choice of flavor with fresh fruit!

## EXCESSIVE AMOUNTS OF MEAT

While meat is certainly a great source of protein, keep in mind that you can fill up on protein with more than just meat. Consider healthy cheeses, yoghurt or even eggs but also grains and vegetables offer proteins. Limiting your meat consumption to 1-3x a week has great health benefits.

# FOODS YOU SHOULD EAT



## VEGETABLES

The absolute NUMBER 1. You want to eat all of them, lots of them. Filled with fibers, vitamins, minerals and macronutrients, vegetables should be in every meal! Fill half your lunch and dinner plate with this deliciousness in many different variations to enjoy full health.

## WATER

Alright, water is not necessarily a “food”. However, it is so important that it is well worth mentioning on this list. Fill up on plain water to keep your body healthy. It is important in any weather, promotes health, weight loss and a focused mind.

## FRUIT

A classic on the list of healthy foods. It is nature’s treat! Fruit should be enjoyed as a treat. You will be surprised how sweet it tastes once you give up on sugar!

Healthy Living Healthy Living Healthy Living Healthy Living Healthy Living

## ORGANIC/ GMO FREE

Unfortunately, these are not always budget friendly, but certainly promote good health. As often as possible, choose organic and GMO free foods or grass fed meats and wild caught fish. Certainly check the labels for GMO products and switch to a healthier version.

## Whole Grains

“Whole Grain” is not always “Whole Grain”, only products that say “100% Whole Grain” are truly whole grain products. Also, switching your wheat grains, pasta and corn to complex carb with different grains like quinoa, barley, kamut, spelt, brown rice etc. may have great health benefits!

## DARK CHOCOLATE

A fourth of an ounce is enough to cover the health benefits with the flavonoids you find in dark chocolate. So, eating this in small portions, might do the trick when craving something sweet while staying healthy!

## QUALITY PROTEIN

Most people think of “meat” when talking about protein. While meat is a great source of it, protein comes in many forms. Beans, lentils, yoghurt or even quinoa provide us with a good amount of protein. Check labels and get creative to get your protein in for a “meat-free” day every now and then.

## HEALTHY FATS

Yes, fat is important. We just have to get the good fat. Look out for unsaturated fats and omega 3s. Check labels and stay away from trans fats or saturated fats. Great sources for healthy fat are nuts, avocado, salmon and vegetable oil.

## LEMONS

Lemons- the fruit that is low in sugar and gifts you with lots of vitamin C. It helps to flush toxins out and is just overall refreshing. Add some to your water for a little twist.



## TIMING

Eating healthy is more than just eating the right nutrients. Eating the right amount (not too little, not too much) and at the right times are just as important. Eating too little slows the metabolism and can cause weight gain just as eating too much. Set yourself a meal routine for frequent healthy meals and snacks!