

Efficient Eating

How, what and when you eat can make quite a difference in your health. Ill health has a direct relationship with how we've nourished ourselves. You can eat delicious satisfying food which is nutrient dense. Create a win-win situation for yourself. If you eat effectively you will increase your mental clarity and help maintain energy levels, avoiding those crashes during the day that may send you for coffee and/or to the candy machine. The bottom line is eating in a healthy way is a great way to safeguard health, regulate your weight, slow aging and keep you feeling fabulous.

The following are recommendations to help your body to function optimally.

1. **Drink ½ your body weight in ounces of filtered water daily.** Dehydration is at the root of most chronic and degenerative diseases. Stay young-keep hydrated! (150lbs= 75 ounces in filtered water daily)
2. **Eat within 1 hour of waking.** If you do not wake up hungry have a small snack. This will give your body nourishment and energy to start your day.
3. **Eat every 4 hours.** This will help keep your blood sugar levels balanced, as well as support other systems such as your hormone, detoxification and digestive system.*You may have to reduce portion size after increasing frequency of meals. Most feel better and lose weight when adopting this routine. Type II diabetes is linked to blood sugar swings which cause cells in the body to become resistant to insulin. Many "thin" people develop type II diabetes from prolonged poor eating habits.
4. **Incorporate a protein, carbohydrate and healthy fat into each meal.** This helps to balance blood sugar levels (carbs- ↑insulin; protein- ↑glucagon) which are necessary for optimal health and body function. This also helps control weight and gives a wider variety of nutrition to support all of the body's functions. *Avoid processed/refined foods* (packaged foods).
5. **Eat Organic!** Avoid ingesting pesticides, antibiotics, hormones and other harmful toxins. Living in the New York City vicinity there is plenty of access to organic fruits, vegetables, dairy products and meats. For safe seafood information check out www.oceansalive.org.

Keep in mind most foods are a combination of pro, carb & fat

(i.e. Nuts and some meat are mainly protein & fat)

Protein- (20-40% of diet) Chicken, Beef, Pork, Lamb, Turkey, Seafood, etc. Beans/Legumes, Dairy, Nuts. Some vegetables have a higher pro. content.

Healthy Fats- (20-30% of diet) Olive Oil, Coconut Oil, Canola Oil, Organic Butter, Fats in Organic Meat, Seafood, Nuts, Eggs and Dairy.* AVOID TRANS FATS (hydrogenated oil) often seen in fried foods and baked goods.

Carbohydrate- (20-40% of diet) Organic Fruits & Vegetables, Whole Grains, Brown Rice. Avoid refined/packaged foods!!!

Healthy Snacks- Raw Almonds, Pumpkin Seeds, Sliced pear w/cheese, Carrot & Celery Sticks w/almond butter, Yogurt, real apple sauce, hard boiled egg, Salsa & whole grain chips, Hummus w/veggies or brown rice crackers, trail mix. *These are suggestions. There are several other choices!