

# FOUNDATIONS OF A HEALTHY, BALANCED DIET

## ▼ Adequate Protein *The Cornerstone of Each Meal*

Next to water, protein is the most plentiful substance in the body; primary functions include:

- ✓ Structural component of muscles, internal organs, brain, nerves, skin, hair, nails, enzymes, hormones, blood plasma
- ✓ Repair worn-out, wasted or damaged tissue and build up new tissue
- ✓ Source of heat and energy in the absence of adequate carbohydrate

*Lack of protein in your diet will result in:*

- ✓ Lack of energy and inability to lose excess body fat, aches, and pains
- ✓ Slower, sluggish metabolic rate and inability to repair

*If adequate protein is eaten each day, your body will not break down muscle tissue while following a lower carbohydrate diet!*

*Your protein requirement is based on your lean body mass and activity level.*

## ▼ Choice Carbohydrates

All carbohydrates break down to glucose in the body; your muscles and liver store excess glucose in the body as glycogen.

Insulin resistance most often results from a high intake of unhealthy sources of carbohydrates. This condition can be reversed through proper carbohydrate choices and allowances.

Carbohydrates include:

- ✓ Non-starchy vegetables "rabbit food" 40% of total intake
- ✓ Starchy vegetables 20% of total intake
- ✓ Fruits 20% of total intake
- ✓ Grains 20% of total intake
- ✓ Combination foods, such as dairy, nuts, legumes

## ▼ Fit Fats

Healthy sources of fat are needed to fuel your metabolic rate and support all metabolic processes. They support the absorption of your fat soluble vitamins A, D, E, and K and maintain the integrity of all cell membranes in your body, allowing for proper transfer of nutrients and wastes in the body.

*Fats stimulate an enzyme, CCK, in the stomach which sends a signal to the brain saying "I'm full."*

Heart Healthy Sources include:

- ✓ Raw nuts, seeds
- ✓ Avocado
- ✓ Nut butters – peanut, almond, macadamia nut, hazelnut
- ✓ Oils – olive, canola, grapeseed, walnut, almond, flaxseed

## DECREASE THESE FOODS

1. **All processed or junk foods.**
  - a. Foods containing **refined white or wheat flour and sugar**, such as breads, cereals (corn flakes, Frosted Flakes, Puffed Wheat, and sweetened granola, etc.), flour-based pastas, bagels, and pastries.
  - b. All foods containing **high-fructose corn syrup**
  - c. All **artificial sweeteners** (aspartame, saccharin, etc.).
  - d. **Processed fruit juices**, which are often loaded with sugar. (Instead, try juicing your own carrots, celery, and beets, or other fruit and vegetable combinations.
  - e. **Processed canned vegetables** (usually very high in sodium)
  - f. Foods containing **hydrogenated or partially hydrogenated oils** (which become trans fatty acids in the bloodstream), such as most crackers, chips, cakes, candies, cookies, margarine, doughnuts, peanut butter, processed cheese, and so on.
  - g. **Processed, refined oils** such as corn, safflower, sunflower, cotton-seed, peanut, and canola.
2. **Starchy, high-glycemic cooked vegetables, such as mashed white potatoes.**
3. **Red meats (unless organic or grass-fed) and organ meats.**
4. **Large predatory fish and river fish**, including swordfish, tuna, tilefish, and shark.
5. **Dairy products except organic skim milk and yogurt with active cultures.**
  - a. Substitute unsweetened, gluten-free soy milk, almond milk, or hazelnut milk products.
6. **Caffeine.** Limit as much as possible (try to switch to green tea or have a half cup of coffee a day).
7. **Alcohol.** Limit to no more than three glasses of red wine per week.

**FRUIT = 1 = 10 GRAMS**

Blackberries	1/2 cup
Blueberries	3/4 cup
Boysenberries	1/2 cup
Pomegranate	1/3 med
Raspberries	1 cup
Strawberries	1 1/2 cup
*Grapefruit	1/2 whole
Apples	1/2 med
Apricots	3 med
Cantaloupe	3/4 cup
Honeydew	1/2 cup
Lemons	2 med
Lime	1 med
Pear	1/2 med
Tangerine	1 med
Watermelon	3/4 cup
*Banana	1/3 med
Cherries	10 whole
Cherries	1/2 cup
Kiwi	1 med
Mango	1/4 med
Nectarine	1/2 med
Orange	1/2 med
Papaya	1/4 med
Pineapple	1/2 cup
Peach	1 med
Plum	1 med
Prupe, dried	2 whole
Raisins	1/8 cup
Other dried fruit	1/8 cup
Juice, 100%	4 oz

**VEGETABLES = 1 = 10 GRAMS**

LIST 1: NON-STARCHY

Artichoke hearts	1/2 cup
Asparagus	20 ea
Avocado	1 med
Artichoke	unlimited
Beans, green	1 cup
Beet Greens	1 cup
Beets	3/4 cup
Bok Choy	unlimited
Broccoli	2 cups
Brussels sprouts	11 each
Cabbage	2 cups
Carrot	2 cups
Cauliflower	4 cups
Celery	unlimited
Chard, Swiss	1 cup
Collard greens	1 cup
Cucumber	1 med
Endive	4 cups
Eggplant cooked	1 cup
Garlic	unlimited
Kale	1 cup
Leeks	1 cup
Lettuces	unlimited
Mushrooms, steam	2 cups
Mustard greens	2 cups
Onion	3/4 cup
Pepper, Green	1 whole
Peppers, sweet	2 cups s
Orange, Red, Yellow	3/4 large
Radishes	unlimited
Spinach	unlimited
Squash, summer	1 cup
<i>zucchini, crookneck, straightneck, patty</i>	
Tomato, red	2 med
Turnip greens	4 cups
Water chestnuts	1/4 cup
Watercress	unlimited
Wax beans	1 cup

LIST 3 - STARCHY VEGGIES

All Beans/Legumes	1/4 cup
Corn	1/4 cup
Peas, green	1/2 cup
Potato	1/4 c mash 1/4 med
Parsnips	1/3 cup
Rhubarb	1 cup
Potato, sweet	1/4 med
Pumpkin	1/2 cup
Squash, winter	2/3 cup
<i>acorn, butternut, hubbard, turbin,</i>	
Yams, cooked	1/4 cup

DAIRY - 8 OZ PORTION

Milk	12 grams
Yogurt, plain	~17 gram
Sweetened	17-40 gram
Fage Yogurt	9 grams
Ice Cream - read label	

HIDDEN CARBS READ LABEL

Alcohol
Candy / Sweets
Condiments
Corn Starch
Ketchup
Salad Dressings
Sauces
Thickeners
Vinegars

WHOLE GRAINS READ LABEL

Amaranth, Barley, Buckwheat
Brown/Wild Rice, Corn flour,
polenta, Kumat, Oats, Quinoc
Rye, Spelt, Sprouted Whole
Wheat, Teff, Triticale

## OTHER SOURCES OF PROTEINS

### Dairy



Organic Milk



NANCY'S CULTURED  
\* LOWFAT COTTAGE CHEESE



\*NANCY'S NONFAT YOGURT



Cheeses – Cheddar, Colby jack, brie, blue, mozzarella\*, parmesan, goat\*, gouda, havarti, asiago

### Beans, Legumes, Nuts, Seeds



### Whole grains\*\*

Amaranth, barley, buckwheat  
Corn flour, kamut, quinoa, brown  
Wild rice, rye, spelt, teff,  
triticale, wheat

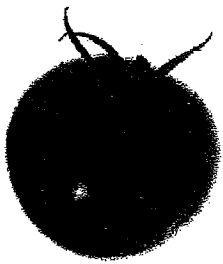


\*These are lower in saturated fat.

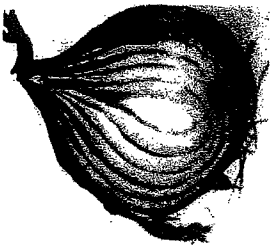
\*\*Sprouted grains are less processed and most nutrient dense - higher in protein, fiber, vitamins, minerals, etc.

1 serving dairy, beans, legumes, milk, or "sprouted" grains =  
1 oz meat equivalent

PURPLE, RED, & ORANGE VEGGI



Tomato



Red Onion



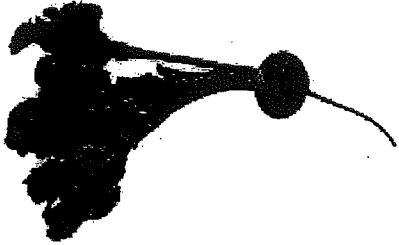
Butternut Squash



Red Cabbage



Carrots



Eggplant



Beets



Red, Orange, Yellow Peppers



Red Leaf Lettuce



Pumpkin

Sweet Potato



# Fiber High Protein Power Truffles!

**SERVINGS:** 17 balls (*nutritional analysis is based on 17 servings so adjust size of balls to make 17*)

**THE BASICS:** 1/2 c natural nut butter (peanut, almond, macadamia, cashew, etc.)  
 1/3 brown rice syrup may substitute 100% maple syrup, agave syrup, honey  
 4 scoops whey cool protein powder (1 scoop = 26 grams protein)  
 1/2 c ground flaxseed

**THE OPTIONALS:** *use one or many of the following - its fun to try different ones!*

Desired amounts of: cinnamon, ginger, nutmeg  
 dried fruits - raisins, cranberries, apricots, cherry, crystallized ginger,  
 papaya, mango, lite, organic, unsweetened coconut, nuts, flaxseeds, sesame  
 seeds (*in labels below a TOTAL of 1/2 c dried fruit is used and 4-5 Tbsp seeds*)

Blend them all REALLY well, form into 17 balls, keep in airtight container in freezer or fridge!

## ORIGINAL

Nutrition Facts	
Serving Size: 1/17 of recipe (27g)	
Servings: 1	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 40mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	6%
Sugars 6g	
Protein 9g	
Vitamin A 0% ■ Vitamin C 0%	
Calcium 4% ■ Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat Less than 65g	80g
Sat Fat Less than 20g	25g
Cholesterol Less than 300mg	300mg
Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g
Dietary Fiber 25g	30g
Calories per gram:	
Fat 9 ■ Carbohydrate 4 ■ Protein 4	

**INGREDIENTS:**  
 PEANUT BUTTER,  
 WHEY COOL  
 PROTEIN POWDER,  
 BROWN RICE  
 SYRUP, FLAXSEED,  
 FLAXSEED, RAISIN,  
 CRANBERRIES.

## TROPICAL

Nutrition Facts	
Serving Size: 1/17 of recipe (29g)	
Servings: 1	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 25mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	6%
Sugars 6g	
Protein 7g	
Vitamin A 0% ■ Vitamin C 0%	
Calcium 2% ■ Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat Less than 65g	80g
Sat Fat Less than 20g	25g
Cholesterol Less than 300mg	300mg
Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g
Dietary Fiber 25g	30g
Calories per gram:	
Fat 9 ■ Carbohydrate 4 ■ Protein 4	

**INGREDIENTS:**  
 NATURAL  
 MACADAMIA  
 CASHEW BUTTER,  
 WHEY COOL  
 PROTEIN POWDER,  
 BROWN RICE  
 SYRUP, FLAXSEED,  
 TROPICAL TRIO  
 FRUIT, ORGANIC  
 COCONUT.

## CRAN-RASIN ALMOND

Nutrition Facts	
Serving Size: 1/17 of recipe (24g)	
Servings: 1	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 8g	
Vitamin A 0% ■ Vitamin C 0%	
Calcium 2% ■ Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat Less than 65g	80g
Sat Fat Less than 20g	25g
Cholesterol Less than 300mg	300mg
Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g
Dietary Fiber 25g	30g
Calories per gram:	
Fat 9 ■ Carbohydrate 4 ■ Protein 4	

**INGREDIENTS:**  
 NATURAL PEANUT  
 BUTTER, WHEY  
 COOL PROTEIN  
 POWDER, BROWN  
 RICE SYRUP,  
 FLAXSEED.