

Tips for the Top 5 Secrets to Looking & Feeling GREAT!

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#1 Eat the Rainbow Daily!

Remember that you need at least 9-13 servings per day of colorful produce to help you live your healthiest life & have plenty of energy. A serving is a piece of fruit such as an apple or banana, ½ cup of berries, ½ cup of dense vegetables such as carrots, and one cup of leafy vegetables such as lettuce. Here are some recipe resources to help you find dishes you will love. Try a new recipe a couple of times a week & keep the ones you like in a 3 ring binder.

- ✓ www.ohsheglows.com (also has a great app)
- ✓ www.forksoverknives.com (app as well)
- ✓ www.vegnews.com
- ✓ www.healthpeak.com
- ✓ www.fatfreevegan.com
- ✓ www.drmcDougall.com
- ✓ www.pinterest.com
- ✓ <http://www.pcrm.org/health/diets/recipes>
- ✓ www.nutritionfacts.org

Ways to get more colorful produce in your body:

- Download Dr. Greger's Daily Dozen app (free)
- Make a large salad the main course & eat it first
- Stop at a juice bar & enjoy a fresh juice or smoothie
- Snack on fruit
- Sip on soup-make a big pot of veggie soup & eat it throughout the week
- Be prepared-keep cut up veggies ready to eat with hummus when you are hungry
- Fill up on legumes-one of the best foods to prevent cancer & help you lose weight



- Visit a local farmer's market & buy fresh & local.
- Try a new fruit or veggie every week. Expand your horizons!
- Purposely get each color in daily!
- Keep a stock of frozen organic fruit for smoothies (Costco has great deals).
- Keep frozen organic veggies on hand for soups and roasting.
- Grow your own garden!
- Choose a restaurant with a good salad bar for meals out.



Carb It Up for Energy!



Remember – carbohydrates are the best source of energy for your body. Fill up on healthy carbs such as potatoes, lentils, legumes, whole grains such as oats, millet, buckwheat, quinoa, and rice. Wheat has been hybridized so much over the years that it has 80% more gluten than its' original design. I prefer using Einkorn flour (www.jovialfoods.com) because it has never been hybridized & has 80% less gluten than other wheat. Most people are not gluten sensitive. You can see if you are by avoiding it for at least 10 days & gauge how you feel. Eat your carbs to feel satisfied & have more energy! You are welcome!

Move Your Body!

Exercise is so vital to your wellbeing. Look for ways to move! Even 5 minutes here & 5 minutes there will make a big difference. Here are examples of ways to move every day. Aim for **at least** 20 minutes of exercise daily.

- Park further away from stores (unless at night)
 - Take the stairs instead of the elevator
- If you work at a desk, set an alarm every hour & get up & walk around for 5 minutes.
 - Join a class such as yoga, pilates, or Zumba
 - Get a buddy to walk with – or a dog!
- Buy a fitness tracker & make sure to get 10,000 steps in daily (start smaller if need be)
 - Exercise while watching TV –walk in place, squats, etc.



Satisfy Your Sweet Tooth With Fruit!

Ways to eliminate sugar in your diet:

- Get it out of the house – if it's not there, you won't be tempted!
- Become a nutrition detective & read labels. Sugar hides in many processed foods.
- Have fruit on hand to satisfy your cravings.
- Make your own healthy sweet treats using whole ingredients (check www.embraceparadise.com for a great cookie recipe using bananas & dried fruit.)
- Freeze smoothie popsicles to substitute for ice cream
- Once you eliminate sugar, it won't call your name ☺



I've been dairy free for most of my adult life so I'm an expert on non-dairy options. Dairy has quesomorphines that cause addiction. Once you ditch the dairy, you will lose your appetite for it & actually find it repulsive. Here are my favorite non-dairy substitutes:

- ✓ Cashew milk (make your own by blending 1/8 cup raw cashews & 8 ounces of water in a high powered blender)
 - ✓ Follow Your Heart or Chao sliced cheeses
- ✓ Trader Joe's vegan coconut milk ice creams – yummy! Other brands are good too. For special occasions only as a treat!
 - ✓ Daiya shreds for pizza, etc.
 - ✓ Daiya Greek style yogurt & cream cheese
 - ✓ Follow Your Heart sour cream

Ditch the Dairy!

