

# Nutrition Guidelines

## Getting Down to Basics

FOCUS ON: Eating whole, fresh, unprocessed foods vs. pre-packaged, processed, convenience foods.

FOCUS ON: Eating **balanced** meals and snacks at **regular intervals**. **Avoid skipping meals!!!**

Eat meals every 4 hours, each one balanced in protein—fat—carbohydrate.

Eat a balanced snack if more than 4 hours in between meals.

FOCUS ON: Limiting added sugars and artificial sweeteners. Avoid soda, “diet” drinks, flavored water, sports drinks, flavored coffee creamers, or juice. Stick to water (try infusing with fruits/herbs), unsweetened tea, seltzer.

FOCUS ON FIBER! Choose fresh or frozen fruits and veggies. If canned, choose fruit in 100% juice, and low-sodium veggies (<140mg sodium). Eat whole, unprocessed grains like brown rice, whole wheat pasta, quinoa, barley, oats, bulgur and rye. Try legumes like beans (black, kidney, chick peas, cannellini), lentils, split peas.

Carbohydrate Guidelines	Protein Guidelines	Fat Guidelines
<p>Generally 30-45g carbs/meal for women and 45-60g carbs/meal for men, <b>HOWEVER</b>, this is <u>highly individualized</u> – some individuals may need more or less.</p> <p>Limit added sugars: (honey, syrup, brown sugar, molasses, agave nectar, fruit juice concentrate, corn syrup, cane juice, fruit jams).</p> <p>Avoid artificial sweeteners: (Splenda, sucralose, aspartame, NutraSweet, Equal, acesulfame potassium, Sweet One, Sunett, saccharin, Sweet-n-Low, Sugar Twin, high fructose corn syrup).</p> <p>Choose mostly whole, unprocessed forms of carbohydrate – mostly fruits, starchy vegetables and whole grain breads, pastas and cereals.</p> <p>Choose unsweetened forms of foods like yogurt, oatmeal, water, tea and flavor/sweeten with fruit.</p>	<p>A general recommendation for protein is 1g/kg body weight (or adjusted body weight if obese) – this varies based on individual needs. (<i>Divide your weight in pounds by 2.2 to get your weight in kg.</i>)</p> <p>Aim for quality protein at each meal (lean cuts of meat like loin, choice or select cuts, &gt;90% lean burger, fish, eggs, skinless chicken or turkey, plain yogurt, cottage cheese, legumes, nuts and nut butters).</p>	<p>Include healthy fat at each meal and snack. (Nuts, seeds, avocados, olives, olive oil, coconut oil, butter and cold water fish).</p> <p>Limit/Avoid intake of canola oil, vegetable oils, shortening, trans-fats, margarine, industrial seed oil (cottonseed, corn, soybean, safflower).</p> <p>Avoid fried foods like French fries, chicken wings, nuggets or patties, mozzarella sticks, onion rings, breaded fish/seafood.</p>