

HEALTHY *Eating*

Quality Life Through Quality Bites



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TABLE OF CONTENTS

CHAPTER 1: MAKE EATING HEALTHY A LIFESTYLE, NOT A DUTY.....	4
THE 3 KEY ELEMENTS.....	4
HEALTH IS WEALTH.....	8
THE IMPORTANCE OF A POSITIVE MINDSET.....	12
CHAPTER 2: BENEFITS IN EATING HEALTHY.....	15
THE BENEFITS.....	17
CHAPTER 3: ALKALINE FOOD VS ACIDIC FOOD.....	26
PH VALUE.....	26
CONSEQUENCES OF EXTENDED ACIDOSIS.....	29
PRACTICING ALKALINE DIET.....	31
ALKALINE FOOD.....	31
ACIDIC FOOD.....	36
CHAPTER 4: FOOD PYRAMID.....	42
WHAT IS FOOD PYRAMID?.....	42
THE HEALTHY EATING GUIDELINES.....	46
STAGES OF CHANGE.....	53
CHAPTER 5: FOOD CHOLESTEROL.....	58
WHERE DOES CHOLESTEROL COME FROM?.....	58
TYPES OF CHOLESTEROL.....	59
TOP 5 TACTICS TO IMPROVE YOUR CHOLESTEROL LEVEL.....	62
TREATMENT FOR HIGH CHOLESTEROL.....	69
CHAPTER 6: TYPES OF RECOMMENDED FOOD.....	71
THE BEST FOOD CHOICES.....	71
CHAPTER 7: COOKING UP SIMPLE HEALTHY MEALS.....	82
MEAL PLANNING.....	82
THE RECIPES.....	83
CHAPTER 8: GENERAL GUIDELINE TO OVERALL WELL-BEING.....	94
4-STEP EATING HABIT HACKS.....	98

CHAPTER 1

MAKE EATING HEALTHY A LIFESTYLE



Chapter 1:

Make Eating Healthy A Lifestyle, Not A Duty

A healthy diet is important for a well-functioning body. However, it isn't as restrictive or as confusing as people imagine. Food is the source of energy that we consume to provide nutritional support and has a direct impact on our cognitive performance in every stage of life.

Your food choices each day affect your overall health and well-being. It has a significant impact on your mood and mental health. Hence, the type and amount of food you consume has a major impact on your body.

However, eating a healthy, balanced diet doesn't mean surviving solely on carrot juice, rabbit food and bird seed. All you have to do is really simple. Eat from a wide variety of food groups in the right quantities to maintain the energy and nutrients a healthy adult needs.

The 3 Key Elements

There are several key elements involved when it comes to eating healthy, which includes: moderation, variety and balance.

The basic rule of thumb is that a person should try to balance different nutrients and food, such as protein, vegetables, dairy products and grains while minimizing alcohol, processed food and saturated fats.

Consuming a variety of food from each food group helps a person get all the important nutrients. Healthy eating helps to prevent conditions such as heart disease, hypertension, diabetes and even cancer. Proteins help in repairing body tissues while carbohydrates provide the body with energy. Therefore, making healthy eating a habit will go a long way in ensuring unlimited longevity and vitality of an individual.



Remember: It shouldn't be a DUTY to eat healthy, but a desired lifestyle.

Generally, we all know the benefits of having a healthy body, however, many of us do not know exactly how to obtain and sustain it long term.

This is the real challenge for the masses. But once you master the concept or “skill” of keeping your body fit and healthy, you will be able to easily fight any physical, mental and emotional disability.

Most of the sickness and diseases that we see today are the results of indifferent or ignorant attitude towards necessary self-care, poor eating habits, always thinking that “it will NOT happen to me”.

But think about it. How many patients can foresee that they’re going to fall sick?

Most of the time when it hits them, it’s already too late. There’s a golden old saying of “an ounce of prevention is worth a pound of cure”. A high percentage of people can have preventable diseases, only if they have sufficient and accurate knowledge on nutrition and supplements.

Common sense would tell us that junk food is trash to our body; it does not contain any nutrients for our bodily functions. Therefore, our body is not properly nourished, and there will be a high tendency for us to fall sick.

So how do we fix that? Simple – Avoid junk or “empty” calories food and go for nutrient-rich food!

Another key to a balanced diet is to “Eat in moderation”. This is an important tip to eating healthily.

So what exactly is “Moderation”? It simply means to show restraint, avoid extremes and excesses and practice prudence. An ideal diet is based on balance and variety of nutritious food in appropriate portions.

You should practice eating in moderation and not a “diet” tool. It’s a kind of belief to make your habit stick.

Think about it... Why most Diets fail? The first 3 letters already gave you the hint – DIE!

Also, have trust in yourself! You may soon find a new sense awareness and confidence of yourself and your body the moment you choose to stick to this healthy habit.

If you choose to eat moderately, it means that you are doing the right thing. Why so? This is because by doing so, you can have freedom to eat what your body deserves, in the optimal quantity. This is an important concept when it comes to achieving your health and fitness goals. It is the best way to diet easy.

Learn to listen to your body for a healthier habit. Your body may allow you to consume a healthier diet naturally. But fear not! Eating healthier doesn’t mean there will be no room for your favorite dessert. You can still have them, but in moderation. It is important

to remember that moderation means abundance in long-term, and not deprivation.

Whatever food you crave for, as long as these are consumed in moderation, is acceptable.

After all, what is life if you cannot live to enjoy your food and have to starve yourself? Life would be meaningless! Just bear in mind that too much of something is never good.



Health Is Wealth

Remember the saying “Health is Wealth”? This has never been far from the truth. Imagine you have lots of wealth, good circle of

friends, happy family, good job but if you are diagnosed with a terminal illness, having all these abundance will mean nothing.

NOTHING at all.

Instead, you will have to spend your time (and money) for doctor's consultation, hospitalization, medication, countless follow-up checks, restricted diet, loss of energy and strength.

Do you want this? What measures can you take to prevent yourself from falling ill or contracting terminal illness? Is there a way?

The answer is **YES**.

There are 2 paths in your eating habits:

1. You give in to instant gratification and shorten your lifespan.
2. You are mindful of your own food choices and live a long, healthy life.

The choice is yours.

Start by making today healthier than yesterday!

But... How do you do that?

The very first step to make a change is to set achievable goals - Goals that will gradually change your health status and overall lifestyle into a better and healthier one.

- Do you want to skip sugar from now onwards?
- Avoid drinking caffeinated drinks in the morning?
- Avoid junk food such as chips, crackers or biscuits?
- Or start tracking your daily calorie intake?

It doesn't matter what your goals are, write them out for clarity and take massive action!

You will see and feel the difference once you start working on achieving these goals in a timely manner.

Notice this awesome feeling and enjoy the process! Cultivating this proper mindset will fuel your willpower to stay on track and also significantly improve your mood on a daily basis.

Thus, it is extremely essential that you enjoy the process while you constantly practice your new eating habits. This is an incredible way to reward yourself! – And here lies the Secret to keep a habit.

Frequently imagine yourself in your dream body because it can radically boost your self-esteem. If you look at people who are struggling with eating disorders, for example anorexia (refuse to eat) and bulimia nervosa (binge eating), you will notice that the mental pattern falls into the same category, which is having a false self-belief – thinking that they are not good enough.



Anorexics look in the mirror and see a fat person. They think that they're fat even though their body figure is extremely under-weight or even obviously boney.

It is a mental illness that leads an individual to problematic eating disorder that harms one's overall health and lifestyle. It can be life-threatening as well.

Therefore, it is important to have a positive mindset about your own body and how you see yourself.

The Importance Of A Positive Mindset

Mindset plays the biggest role in determining your actions. Your mindset is the fuel to your actions. When you feel good about yourself, you will look good.

You might not be good enough now but don't worry...Don't beat yourself up. All you have to do is to keep a positive mindset.

Look into the mirror and tell yourself, "I look good".

"And, I will look even better from now onwards. I just need to eat and live healthy."

Looking good increases your self-esteem. And what's most important is you need to feel good about yourself. Feeling good keeps you motivated and jovial. It gives you the energy and motivation to keep going until you're at your best and to maintain your best.

A fitter and healthier you leads to higher productivity as well. Most people think that a diet is associated with weight loss, bodybuilding, and good body shapes. They have forgotten that a healthy diet is equally important in overall health and well-being.

By taking the time to learn how to eat healthy, you have stepped onto the route that leads you to a strong, healthy body. Take a minute to think over the famous quote "Success is a journey, not a

destination". We may replace the word 'success' with the word 'fitness'.

Learning to make the correct decisions in your nutrition will convert to a healthy lifestyle that is never ending. Begin to construct the habits that will step-up your enjoyment and quality of life today!

CHAPTER

2

BENEFITS IN EATING HEALTHY



Chapter 2:

Benefits In Eating Healthy

Why do you need to eat healthy food? I'll tell you the reasons WHY... After all, why would you commit your life to eating healthy if you don't even know your 'WHY'? Make sense?

Well... Eating nutritiously is one of the most important things you can do to enhance and maintain your health.

What you eat has a great impact on the way your body functions. It all comes down to the type of food as well as the amount of food you consume.

Eating a healthy diet affects your body in a positive way. You'll notice you feel better and your body seems to function better. A healthy diet can balance out your body and allows it to function in its most efficient state.

Eating balanced meal helps the body work to its full potential, which is particularly important for people living with busy and tight schedule, or just people who are constantly feeling not energized and easily falling sick.

Many people find they can improve their quality of life and sense of well-being by focusing on aspects of health that can be controlled and changed – such as healthy diet.

Regardless of when you begin, eating a healthy diet can assist you in maintaining and even improving your health - even more so if you combine it with exercise as well.

This can aid you in life by providing you with the energy you require to remain active and do the things you wish to do. As well, healthy eating can also stop or slow down the advancement of numerous chronic sicknesses, such as heart disease and diabetes, osteoporosis and a few types of cancer.



Eating healthy can also help you deal better with both physical and mental strain, operations and even the common cold or influenza.

What is the link between consuming healthy food and maturing well?

Healthy living - which includes both consuming healthy food and maintaining a regular exercise routine - can assist you in conforming to the natural maturing process and keep your youthful vigor.

The fundamentals of healthy living:

- Consume an assortment of nutritious food
- Eat in moderation
- Size matters, so limit your portions

Eating healthy can promote a lot of benefits to your body and also your life in general. When we stick to a healthy, balanced diet, we are allowing our body to be properly nourished. Hence, as a result we will be able to gain health benefits from our healthful efforts.

The Benefits

1) Improve Immune System

Good nutrition is essential to a strong immune system. Eating healthy can help ward off many illness such as the flu and other health problems including arthritis, cancers, allergies and abnormal cell development. Right precaution should be taken to prevent all these sickness. With a strong immune system, you will

feel constantly boosted with energy and strength to carry out any daily activities.

2) Enhance Mood

Healthy eating can have a positive impact on your life by leading to a more sustained elevated mood. It can reduce stress too. Some of the mood-busting food to avoid are simple sugars that are in junk food such as soda and candy, refined carbohydrates as well as jams and syrups. These can cause fluctuations in blood sugar levels and have great impact on our mood and energy.

On the other hand, there are few nutrients that have been identified by researchers that can enhance our mood and combat depression: folate, omega-3 fatty acids, magnesium, iron, chromium, zinc, calcium, vitamin B6, vitamin B12 and vitamin D. Food rich in vitamins, fatty acids and minerals are not only super healthy, but can also increase happiness, quell anxiety and may even help alleviate depression.

3) Boost Mental Health

Nutrition is a key contributor to excellent mental health. Many researchers have evidence indicating that diet and nutrition play an important part in strengthening our immune system.

Food plays a very important contributing role in the management and development of our mental health. Not just that, it also prevent mental health problems such as depression, schizophrenia and attention deficit hyperactivity disorder and Alzheimer's disease.

Here are five food that keep the mind working at its best: Lean protein, leafy greens, fatty fish, whole grain, and yogurt with active cultures.

4) Increase Energy Level

The type and the amount of food we eat play a significant role in our daily energy levels. Eating the right nutritive food can also boost our energy levels, making us prepared to face each day.

To stay alert all day, we have to make smart choices to choose the right food. Some of the food include nuts, pumpkin seeds, guarana, yoghurt, sweet potatoes, soybeans, spinach, eggs, water and much more.

When you have an energized body and clear mind, it also increases your brainpower. Eating healthy food can ensure you to achieve a balanced nutrition that can help to regulate your brain activity to fuel your mental power that will get you through your busiest days.

5) Live longer

There are some things in life that we can't control like how long we live and how long we get to enjoy it. But according to the data collected from people in their 90s and beyond as well as nutrition science research show that when, what and how we consume food have a great impact and influence on how long we live.

Japan has the oldest life expectancy in the world. The people of Okinawa enjoy exceptionally long lives. Statistic shows that the worldwide average life expectancy is 67 compared to 78 in the United States and more than 81 years old in the Pacific Islanders.

A diet rich in fruits and vegetables, high in nutrients and low in calories, is your best bet for a long life. It is vital for health and maintenance of your body. Some of the food include broccoli, grapes, salad, avocado, olive oil, berries, beans, grains and seeds, less red meat, fish, bananas and organic food.



Odd enough... Even though the benefits are really obvious to many, they still choose to be ignorant or oblivious to what enters their mouth - Even if they know that it's clearly POISON! It's insane!

They have this perception that ignorant is bliss. In fact, ignorant is the main reason why so many fall sick and get cancer today!

Have you heard of the saying "ROME is not built in a day"?

This saying applies to your own physical health. It takes time and constant dedication to a healthy lifestyle to reap the benefits, not overnight!

Well... That's the HARD part. Many gave in to instant gratification like chocolates because they can feel good instantly, compared to eating fruits and vegetables (Even though they know they can get plenty of vitamins and minerals from a little tweak in their food choices).

They came up with so many excuses. Some really common ones are:

- I can't afford to live a healthy lifestyle! Those organic food are expensive!
- Healthy diet is NOT for me. I don't see any impact on my health!
Look, I'm not sick at all!
- Why give up all these sweets? You only live once anyway! YOLO!

Truth is, it's not necessary to give up on your favourite food and 'surrender' to tasteless health food. You simply have to practice moderation and change your beliefs. Who told you that healthy food are tasteless? You simply haven't found the right recipe!

Thus, you simply have to be aware of your food choices and constantly ask yourself "Will this fuel my body, or screw up my health?" Then go ahead and plunge into the world of healthy food, indulge yourself with wholesome ideas that best suit your health goals!

We should make healthy choices to ensure a healthy lifestyle.
Eating healthy is not something difficult if you put your heart to it.
Making mindful choices when eating is the key to it.

CHAPTER 3

ALKALINE VS ACIDIC FOOD

pH Food Chart



Chapter 3:

Alkaline Food VS Acidic Food

Food can be classified into two groups namely the acidic food group and the alkaline food group. These food are categorized as such because they affect the urine pH level when they are consumed. Our body's acid-alkaline balance, also known as pH, can affect our overall well-being.

Whatever food we consume, once it enters into our body, it will undergo processing and becomes acidic. Too much acid consumption can deplete the minerals in our body, thus growing the risk of heart disease, kidney problems, and osteoporosis. That is why we need alkaline food as well, to help balance out the acidity in our body.

pH Value

pH stands for power of hydrogen. The value indicates the acidity or alkalinity of our bodily fluids and tissues. The total pH scale ranges from 1 to 14, with 7 considered being neutral. Our ideal pH should be around 7.30 to 7.45. If the body pH value is <7 that means it is acidic whereas if it is >7 , it is alkaline. When a solution has pH 7, it is neutral.

The most common form of pH imbalance is excess acidity. It can lead to numerous health issues, and it can even be life-threatening.

So what causes acidic pH in our body? There are actually many answers to this question. One simple answer to answer them all – Is your LIFESTYLE.

What's your diet like? Is it full of meat and little to no fruits and vegetables?

How's your usual day like? Is it full of stress, anxiety, and never-ending demands from others?

How do you breathe? Is it full or shallow?

Anything that deprives your cells of oxygen and important nutrients can decimate your health. To counter this, your body actually have its own defend mechanism, whereby it uses its own alkaline reserves to fight the acidic pH in your body.

But there's a catch, you need to consume alkaline-rich diet to maintain your alkaline reserves. Otherwise, where could it possibly come from?

With an acidic medium, opportunistic diseases shall arise, as a pH-imbalanced environment prohibits normal bodily function and dampens the immune system.

Thus, maintaining your internal pH is a top priority to ensure optimal health. When your internal pH becomes acidic, it becomes a perfect medium for bacteria growth and this will trigger your body to tackle this problem with your alkaline reserves.

However, a body with depleted alkaline reserves will be in a weakened state. Thus, it is necessary to maintain a balanced internal pH and adequate reserves for optimal health.

Did you know that the number 1 reason why 90% of our population today suffers from acidosis is actually due to our typical diet?

It's no surprise considering that most of the food we consume today are actually acid-forming food! Some quick examples are dairy and animal products such as meat and eggs. On the contrary, we consume too little vegetables that are actually alkaline-forming food!

We even consume highly processed food such as sugar and flour and drink highly caffeinated and carbonated beverages.

Modern drugs and artificial sweeteners also contribute to the sadden state we're in right now, as they are actually extremely harmful to our body and dramatically put our internal pH in an imbalanced state. No wonder we are getting sick in this modern age!



Consequences of Extended Acidosis

Extended acidosis can be destructive to your body and increases the risk for a number of unfavorable health conditions, including:

- Weak bones (osteoporosis).
- Mood swings
- Chronic exhaustion
- Indigestion
- Urinary tract abnormalities, such as kidney stones
- Weight gain, obesity and diabetes

- Impaired metabolism and failure to lose weight
- Chronic inflammation
- High blood pressure
- Weakened immunity
- Yeast/fungal overgrowth
- Accumulation of lactate, causing muscle aches
- Joint pain

So how do we FIX this? Good question. Well, the answer is rather simple – FIX your own lifestyle and practice better food choice!

The rule of thumb is to consume a diet that contains 60% alkaline food and 40% acidic food on a daily basis. Let's say your body is currently at an alarming acidic state – It's wise to actually consume more than 60% alkaline food to neutralize your internal pH.

Examples of alkaline food are most fruits and green vegetable; whereas acid-forming food comprises of meat, fish, soymilk, most grains, coffee, nuts, pasta and energy drink.



Practicing Alkaline Diet

The alkaline diet, also known as the acid-alkaline diet, consists of alkaline food such as most fruits, vegetables and whole grains.

Having an alkaline diet may have some potential in reducing morbidity and mortality from chronic diseases.

Studies also show that alkaline diet can actually kill cancer cells!

Alkaline Food

So what are the alkaline food? I'm going to list them out so that you can have a whole bunch of food to choose from to include in

your diet. On the up side, alkaline food are generally low in calorie, so you can eat a lot of them without worrying of getting fat!

List of alkalizing vegetables

1. Spinach

- Very Low Alkaline Forming Food
- Moderate Alkaline- pH 7.5 to 8.0
- Spinach content raises alkalinity

2. Cabbage

- Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0
- Substitute for cocoa; mineral rich

3. Cucumber

- Very Low Alkaline Forming Food
- Slightly Alkaline to Neutral pH 7.0

4. Celery

- Very Low Alkaline Forming Food

- Moderate Alkaline – pH 7.5 to 8.0
- Neutralize acidic food

5. Capsicum (Bell peppers)

- Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0
- Substitute for cocoa; mineral rich

6. Cauliflower

- Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0

7. Broccoli

- Moderately Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0
- Substitute for cocoa; mineral rich

List Of Alkalizing Fruits

1. Lemons

- Highly Alkaline Forming Food
- Extremely Alkaline Forming food – pH 8.5 to 9.0

- Excellent remedy for stomach discomfort, sore throat, mild colds and cough

2. Lime

- Highly Alkaline Forming Food
- Extremely Alkaline Forming food – pH 8.5 to 9.0
- Purifies kidneys

3. Grapes

- Very Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0

4. Apples (Sour)

- Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0
- Substitute for cocoa; mineral rich

5. Pears

- Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0
- Pears content raises alkalinity

6. Bananas

- Very Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0
- Elevates acid food 5.0 in alkaline direction

7. Oranges

- Very Low Alkaline Forming Food
- Moderate Alkaline – pH 7.5 to 8.0



Acidic Food

Overconsumption of acid-forming food and not sufficient alkalizing food could cause over acidity in the body. Technically an acidic food is not entirely unhealthy due to the fact it is acid-forming as they are still essential for our optimum health.

List Of Acidic Fruit

1. Blackberries

- Usually categorized as a mild alkaline food
- Safe to consume for those who have serious problems with acid reflux/heartburn

2. Cranberries

- Moderately Acid Forming Food
- Slightly Acid to Neutral pH 7.0
- Contain acid-forming benzoic and quinic acids

3. Canned Fruits

- Moderately Acid Forming Food
- Slight Acid to Neutral pH 7.0
- Acidity of canned fruits can react with the cans be it metal or tin which would lead to the fruits being contaminated with unsafe concentrations from the can

List Of Animal Proteins

1. Beef

- Highly Acid Forming Food
- Extremely Acid Forming Food –pH 5.0 to 5.5
- Leaches minerals which in turn affecting our body's pH levels

2. Mutton

- Low Acid Forming Food
- Extremely Acid Forming Food –pH 5.0 to 5.5

3. Chicken

- Very Low to Moderately Acid Forming Food
- Extremely Acid Forming Food –pH 5.0 to 5.5

4. Pork

- Moderately Acid Forming Food
- Extremely Acid Forming Food –pH 5.0 to 5.5

5. Turkey

- Low Acid Forming Food
- Extremely Acid Forming Food –pH 5.0 to 5.5

6. Fish

- Very Low Acid Forming Food
- Moderate Acid – pH 6.0 to 6.5

7. Seafood

- Highly Acid Forming Food
- Extremely Acid Forming Food –pH 5.0 to 5.5
- Leaches minerals which in turn affecting our body's pH levels

8. Dried Beans

- Very Low Acid – Low Acid Forming Food
- Slightly Acid to Neutral pH 7.0

9. Chicken Eggs

- Very Low Acid Forming Food
- Moderate Acid – pH 6.0 to 6.5

10. Nuts (pecan, hazelnut, walnuts, brazil nuts)

- Highly Acid Forming Food
- Slightly Acid to Neutral pH 7.0

11. Dairy products (butter, cheese, cream, milk)

- Very Low Acid Forming Food
- Slightly Acid to Neutral pH 7.0

12. Brown rice and white rice, rye, barley, all processed flour

- Extremely Acidic
- Extremely Acid Forming Food –pH 5.0 to 5.5

CHAPTER

4

FOOD PYRAMID



Chapter 4: Food Pyramid

What Is Food Pyramid?

It is a simple visual guide designed to make eating healthy easier. Food that contain the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. This gives you a choice of different food from which to choose a healthy diet.

Healthy eating is about getting the correct amount of nutrients – fat, carbohydrates, protein vitamins and minerals you need to maintain good health. Using a food pyramid as a tool to follow different dietary guidelines is a good start in the right direction. It will help you get the right balance of nutritious food within your calorie range. A healthy diet includes more food from the base of the pyramid than from the higher levels of the pyramid.

The 3 Layers Of Food Pyramid

- 1) The Foundation Layer
- 2) The Middle Layer
- 3) The Top Layer

1) The Foundation Layer

This layer consists of all the alkaline food we've discussed up to this point. It includes green vegetables, fruits and certain grains.

This layer makes up around 70% of what we eat. Eating a plant-based diet is the healthiest. It is important to ensure that this layer occupies the most part of our diet. So why are plant food so important? This is because it contains tons of antioxidants, vitamins and minerals. Not just that, these food are the primary source of fibre and carbohydrates in our diet.

According to a significant convergence of evidence, the plant-based diets play a very important role in the prevention of some top killer diseases in the Western world. It is also found that the diet could be more effective than medication and surgery.

Some of the examples include lowering blood pressure, decreasing the chances of having a stroke or heart attack and guard against cataract.

Carbohydrates are needed by the body mainly for energy. Some of the best sources of carbohydrates are whole grains such as quinoa, buckwheat, wild rice, barley and oats.

2) The Middle Layer

This layer consists of yoghurt, cheese, milk, fish, eggs, poultry, seeds and nuts. Food in the yoghurt, cheese and milk provide us with essential nutrients for strong bones and growth such as protein, calcium, minerals and vitamins.

There are other food groups included in this layer - The non-dairy food. For instance, cereal, soy and rice. However, these food are calorie-dense. Thus, it is better to go for the low-fat products in the grocery stores to save a few inches around your waist!

Another essential food group in this layer is the protein-rich group. You cannot ignore this group of food as it is absolutely necessary to have adequate protein in your diet to promote healthy growth. Examples of protein rich food are meat, fish, eggs, poultry and seeds. Moreover, you can also get additional source of other nutrients such as zinc, iodine, irons and vitamins (especially some B group vitamins). The animal food in this group also contains vitamin B12 and some contain omega-3 fatty acids.

3) The Top Layer

This layer includes healthy fats that we need in little amount every day to maintain a healthy heart and brain. The top level of the food pyramid consists of your non-essential food such as fats, oil and sweet. This is the only level of the pyramid that should be restricted. These food provide only calories with little to no nutrition. There are no serving guidelines for this level and you should generally try to avoid food that are high in fat or sugar.

It is important to cut down on the unhealthy fats like saturated and trans fat and only choose food that contain healthy fats. Some examples of healthy source of fats include nut, seed oils, extra virgin olive oil and avocados.

The Healthy Eating Guidelines

The shape of the Food Pyramid immediately suggests the type and amount of food to be eaten often regularly or occasionally. It emphasizes the importance of eating a balanced diet to live a healthy and long life. The following are the essential elements of healthy diet.

Choose Water



Water is one of the most essential elements to health. Water makes up more than two thirds of human body weight. Our body losses water through sweating, breathing and digestion. Therefore, it is important to keep ourselves hydrated. Adults should drink at

least 1.5 liters of water per day to help keep body properly hydrated. Therefore, drink more water and avoid sugary options like energy drinks, hot chocolates and instant powdered drinks.

Herbs And Spices



Throughout history, the use of herbs and spices has been incredibly important. If you're looking to round out your healthy lifestyle, you'll want to stock up on the following herbs and spices and use them generously in your cooking, or use them on their own to enhance the absorption and benefits received.

Here we've gathered some of the healthiest spices and herbs enjoyed around the world:

- Arrowroot
- Cinnamon
- Turmeric
- Basil
- Cayenne
- Dill Weed/Seed
- Mint
- Cayenne
- Oregano
- Curry Powder
- Rosemary

Limit Salt And Sugar



We should all cut down our daily salt and sugar intake as the world today is actually intoxicated with too much sodium and glucose.

A quick examples will be the processed food - Obscenely high in sodium and sugar (You can find eerily high percentage of them in your carbonated drinks!)

Even worse, the most conventional way of cooking today is to put in a lot of salt and sugar for taste! That's a surefire way to put you on the hospital bed.

Thus, the best way is to be aware of how much sodium and glucose you're ingesting in daily basis. If possible, track them.

You'll be surprised that you're overdosed with high level of them in your diet without even noticing.

So, avoid canned food or any processed food as often as possible. Chances are, they're incredibly high in food additives.

As mentioned, eating out can also be dangerous too! As most of the restaurants out there have little to no interest to your overall health and they'll do whatever they can to bring up the taste. Hence, the overdose of salt and sugar.

The best way to deal with this is to choose to eat home as often as you can (But also keep in mind that you don't use too much "taste enhancer" in your cooking).

If you wish to spice up your home cooked meals, why not use natural herbs and spices instead?

Bear in mind that even reducing these by small amount can make us healthier. So, choose to eat healthy today!

Sodium



You probably aren't even aware of just how much sodium is in your diet. While it is essential for our body to have small amount of sodium to function properly. However, too much sodium can be bad for health. Evidence shows that consuming too much sodium will increase risk of heart failure, kidney disease, stroke and stomach cancer. According to the Dietary Guidelines for Americans, it is recommended to limit sodium to less than 2,300 mg a day. Therefore, aim for a lower sodium diet to avoid health risk. Instead, use herbs and spices to flavor our food.

Added Sugar

Added sugar is the single worst ingredient in the modern diet. It is also one of the main reasons for obesity and the increasing risk of heart diseases, Diabetes Mellitus and cancers. If you have a sweet tooth, you've a really high chance to visit your dentist too! As added sugar damages your tooth, causes cavities and other nasty dental problems. Hence, it is important to watch how much sugar we add to our food. It is something we should all work towards to lead a healthier diet and lifestyle.

Some examples of food that may contain added sugars include:

- Grain-based desserts such as cakes cookies, and pies
- Sugar-sweetened beverages
- Fruit drinks
- Milk products and dairy desserts and milk products including sweetened milk, ice cream, sweetened yogurt
- Sugar and candy
- Other grain based food such as honey-nut waffles and cinnamon toast

Stages Of Change



Finally, let's talk about the 5 important stages to induce change. Each of these stages describes an individual's attitude toward behavior change. Trying to change behavior before one is ready usually results in failure to develop new healthy behaviors. Small steps are the best bet for long-term results.

Pre-contemplation

The stage at which individuals have no intention to change behavior. They are not thinking about changing their behavior. Many individuals in this state are unaware or under aware of their problems. These individuals are not ready for change.

Strategy: Assess knowledge, attitudes, and beliefs and provide information to build on existing knowledge.

Contemplation

The stage in which individuals are aware that a problem exists. In this stage, individuals are willing to consider about overcoming it, but are still sitting on the fence. In other word, individuals at this stage have not yet made a commitment to change and to take any action. Individuals are contemplating whether it's something that will be worth it. Making the leap from thinking about change to taking action can be hard. Asking yourself about the pros (benefits) and cons (things that get in the way) of changing your habits may be helpful.

Strategy: Discuss motivation and barriers to change and possible solutions.

Preparation

If you are in the preparation stage, you are about to take action. To get started, look at your list of pros and cons. How can you make a plan and move to action?

Strategy: Assist in developing an action plan for change, provide direction and encouragement.

Action

This is probably the most crucial stage, as without taking massive action - NOTHING HAPPENS. One requires to have tremendous dedication in the form of time and energy to break through this stage. This is where you break and shape your new belief, thoughts, and habits.

To stick with your habits, it is helpful to look at how you are doing, overcome your setbacks, and reward yourself for your hard work. Track your progress through a healthy eating journal. This can help you identify your strengths; spot areas where you can improve, and stay on course.

Strategy: Reinforce decisions for change; offer continued support and reinforcement for positive changes.

Maintenance

In this stage, healthy eating or physical activity has already become part of your routine. So what should you do in this stage? All you have to do is to avoid slip-ups, keep things as interesting as possible and find ways to stick to your habit.

Strategy: Add variety and stay motivated. Mix up your routine with new activities, physical activity buddies, recipes, rewards and food.

Food pyramid is just a guideline for our eating habit. If you want to achieve a healthy lifestyle, eating guideline is definitely not enough. A healthy lifestyle comes with balanced diet, exercises and a healthy mind. Remember, healthy does not only apply to our body but our mind as well.

CHAPTER 5

FOOD CHOLESTEROL



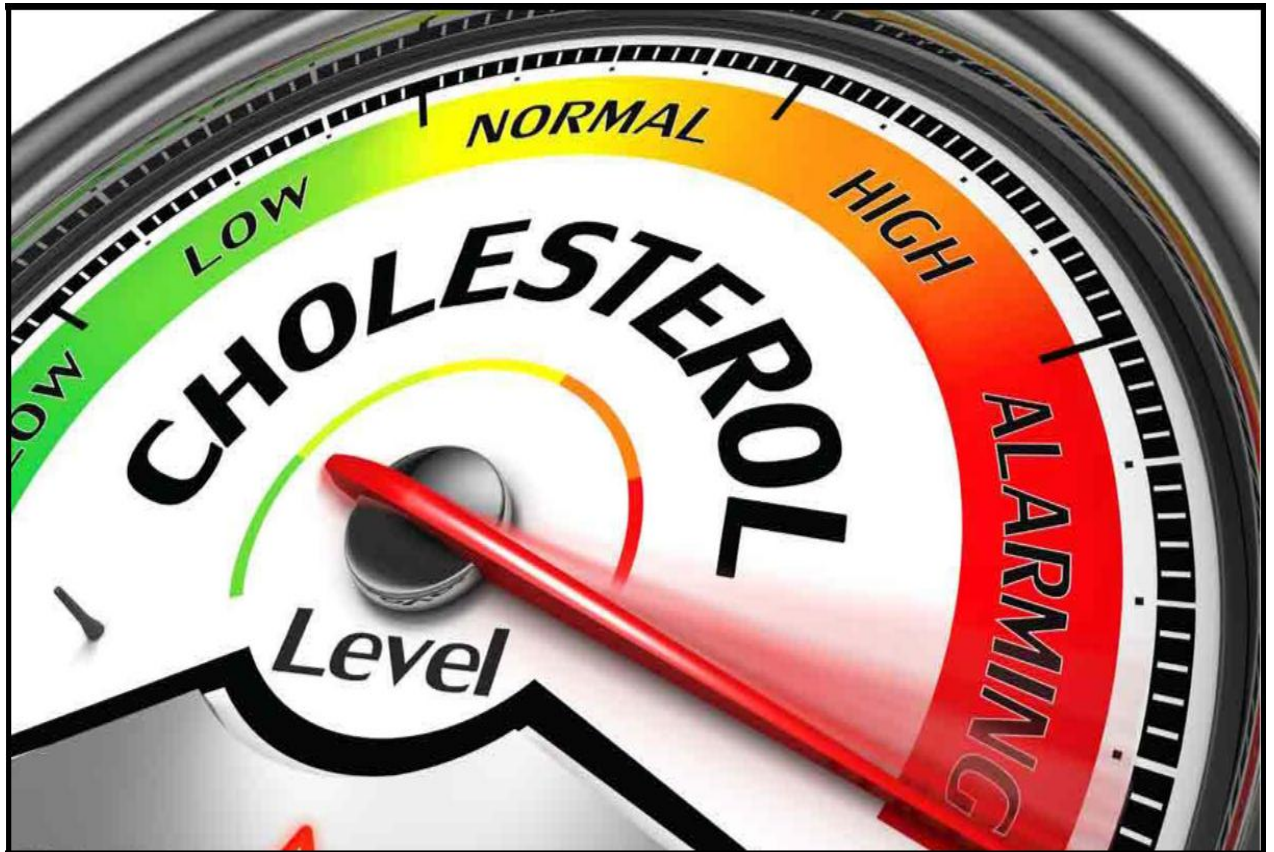
Chapter 5:

Food Cholesterol

Cholesterol is a waxy substance that is made in the body by the liver but is also found in some of the food we eat in our daily lives. Unlike the common belief, not all cholesterols are bad. In fact, it is an important substance to produce cell membranes, vitamin D, bile acids and hormones. However, too much cholesterol in the blood can increase your risk of getting heart and circulatory diseases.

Where Does Cholesterol Come From?

Cholesterol comes from your body as well as from what you eat. There is about 75% of cholesterol that is made by your body and the amount is determined by your family history. Hence, the remaining 25% of cholesterol comes from what you eat. The cholesterol level in your blood will increase if you eat food with saturated fats and trans fats. Saturated fats are fats that come mostly from animal fat such as butter, cream and meat while trans fats contained in margarines, shortening and fried food that are made out of the addition of hydrogen to vegetable oils to make the oils more solid.



Types of Cholesterol

There are 2 main types of blood cholesterol:

- **Low-density lipoprotein (LDL)** – also known as the “bad” cholesterol because it develops plaque. It accumulates in the walls of your blood vessels, clog them, and put you at higher risk for cardiovascular diseases due to the narrowed artery when the clot is formed. This condition is called as atherosclerosis.
- **High-density lipoprotein (HDL)** – also known as ‘good’ cholesterol as it helps to discard the “bad”

cholesterol away from the arteries and back to liver to break down and pass the cholesterol from the body. Thus, you will be protected from heart attack and stroke when you have a healthy level of HDL cholesterol.

Having high cholesterol can be detrimental to your health, and it opens up doors for many diseases in the future. According to the latest statistics, more than 100 million Americans suffer from high cholesterol today.

So what causes it? Here are 5 most common causes of high blood cholesterol.

1) Poor Diet

A poor diet, packed with saturated fats, trans fats and extremely high cholesterol can increase your risk for heart attack. You can easily find this in food that comes from animals. Beef, bacon, ribs, burgers, eggs and sausages contain saturated fat. Also, you should also stay from packaged food that contain palm oil, coconut oil or cocoa butter.

2) Physically Inactive

If your cholesterol numbers aren't where they ought to be, working out should be a key part of your get-healthy strategy. By increasing your activity level, it will help you lose or maintain your weight. The level of low-density lipoprotein (LDL), the kind of

lipoprotein that's been linked to heart disease is usually high in those who're overweight.

3) Age & Sex

The older you get, the greater the risk you have for heart diseases, no matter what sex you are. However, the females have quite a unique advantage in the earlier stage of their lives. They tend to have low cholesterol level until menopause, which explains why less young females suffer from heart diseases compared to men.

But this grace period ends after their menopause. The risk of contracting heart diseases after that is the same as male, so ladies, do not be negligent to your health!

4) Genetics

Your family history may also affect your cholesterol level. High cholesterol may run in your family. So pay attention to your family history.

Hereditary plays a big role in any health conditions. In fact, there are well over 100 genes that are responsible for your cholesterol level. And all you need is one bad gene to mess up your body system!

Usually, hereditary-caused hypercholesterolemia is extremely difficult to treat by simply following a diet plan. These people have to consult their doctor for proper medication.

5) Cigarette Smoking

Cigarette kills. In your lipid profile aspect, it will significantly lower your “good” cholesterol level, HDL while damaging the inner lining of your blood vessels, causing atherosclerosis. Forming of plaque or atherosclerosis is the first stage of heart disease. When it fully clogs your vessels, stroke or heart attack can occur abruptly, causing instant death. Even if you’re a second hand smoker, you’re still in danger. So stay away from those smokers.

Top 5 Tactics To Reduce Your Cholesterol Level

You can significantly lower your cholesterol by making simple lifestyle changes. This not only helps you in your overall health, but also keeps you away from toxic medications and leaves you in a worse shape. As always, prevention is better than cure. So what

kind of lifestyle changes are we looking at? Here's are 5 top tactics to get you started right away:

1. Make Better Food Choices

The reason you're in your current health state is not a coincidence, but what you put into your system in a continuous basis. If you're physically unfit, it's obvious that you've poor food choices and have been practicing bad eating habits for years!

Thankfully, you have the power to change! Here are some quick tips to radically plummet your cholesterol level and improve your cardiovascular health.

Healthy Fats vs Bad Fats

Not all fats are bad! So don't fall into the false truth that all fats are evil. In fact, your body needs fat to carry out all bodily functions especially your hormonal system.

Worry about getting fat? Truth is, you can consume healthy fats to burn fats! So what are unhealthy fats?

Unhealthy fats are also known as saturated fats. It's the kind of fats that spikes up your total cholesterol and low-density lipoprotein (LDL) to unhealthy level.

Examples of saturated fats are cheese, pizza, dairy desserts, sausage, bacon, burgers, reduced fat milk, pasta, butter, fried white potatoes and the list goes on. Surprised that more than half of the listed food are your favorite? You're not alone. A staple American diet today consists of 60% saturated fats! No wonder obesity is rising at an alarming rate.

We've covered the unhealthy fats, so let's learn more about the healthy fats - The good fats, also known as unsaturated fats.

These fats are heart healthy and help improve cholesterol levels. To eat healthily, it is important to replace some food that are high in saturated fat with food rich in unsaturated fats. Some of the examples are all kinds of nuts, avocado, vegetable, seed and nut oil such as rapeseed, olive, sunflower, corn oil and oily fish such as salmon, pilchards, mackerel and trout.

As a rule, you should get less than 7 percent of your daily calories from saturated fat. Choose healthier fats for healthier options.

In short, it is highly recommended to replace food with high saturated fat with healthier substitutes to improve your overall lipid levels.

2. Exercise More

I believe many want to avoid this topic as much as they possibly can. But the truth remains the same; you have to exercise to

maintain your overall health, especially when it comes to normalizing your cholesterol level.

Studies show that those who exercise more often actually have higher HDL cholesterol compared to those who didn't, and have better overall health condition. So what kind of exercise works?

The best plan for reducing your risk of cardiovascular disease is a combination of aerobic (aka cardio) and resistance training.

Expert recommends to spend at least 40 minutes of moderate to high intensity aerobic exercises 3 to 4 times a week to improve cholesterol levels as well as lowers your blood pressure and risk for stroke and heart attack.

So how do you make sure you commit to your exercise regime? The best way to stay on a program till the end is to stay accountable to someone. So find a gym buddy, or join a fitness community! This will make your journey a lot more fun and less lonely. Also, don't fret too much on whether you're doing it right. Any exercise is good enough! Whether it's just a walk in the park, climbing up the stairs, cycling in your neighborhood or doing a couple of jumping jacks in your room.

Still stuck? Well, I've some examples of exercise listed down to help you out.

Examples of moderate-intensity activities:

- Ballroom dancing

- Playing tennis
- General gardening
- Bicycling

Examples of high-intensity activities:

- Hiking uphill or with a heavy backpack
- Swimming laps
- Jogging, race walking or running
- Dancing
- Cycling
- Hiking uphill

3. Lose Weight

If you've already implemented the first two strategies (right diet and exercise), numbers on the scale may already be dropping.

Did you know that you could actually lower your cholesterol levels by simply losing weight? It's proven to be true. Losing 10% of your body weight can radically normalize your cholesterol level. Not overweight? Put effort into maintaining a healthy weight.

For long-term success with weight loss, the Mayo Clinic suggests making small, sustainable changes. Slowly incorporate physical activity into your daily routine in simple ways such as brisk walking or doing simple house chores. Bring a healthy lunch from home instead of eating out. It all adds up. All these can help you lose a lot of weight, which in turn, reduce your cholesterol level.

4. Avoid Alcohol (Most of the Time)

Here's a well-kept secret among the doctors: Alcohol actually promotes better cholesterol level and heart health.

Plus, research shows that alcohol also lowers inflammation and increases one's lifespan.

But this secret is kept for a good reason: MAJORITY of the people will take this truth for granted and drink towers of alcohol!

Moderation is beneficial, but alcohol overdose can lead to liver failure, high blood pressure, alcohol-induced heart attack, stroke, alcohol intoxication and death.

5. Quit Smoking

The most well-documented impact that smoking has on cholesterol is how it lowers levels of high-density lipoprotein (HDL). Smoking kills! A healthy person can actually succumb to numerous diseases from this habit. Besides damaging your respiratory system, smoking is known to clog your circulatory, causing inflammation and cause heart attack!

So if you smoke, stop right now! Do it not only for yourself, but also for your family and people around you. Being a second hand smoker is equally detrimental. Quitting might improve your HDL cholesterol level. Studies have shown that HDL levels often go up soon after a person quits smoking.

So what if your lifestyle changes didn't make any difference?

When your health is at a point where healthy lifestyle changes aren't enough to lower your cholesterol level, you have to consult your doctor for proper medication. However, statistics show that lifestyle changes do significantly help in reducing the dose of medication a person takes in order to control their cholesterol level. So, don't give up! Stay consistent to your habit and new lifestyle changes and soon you will reap the benefits.

Treatment For High Cholesterol

You can work with your doctor to determine your risk and find the most appropriate treatment for you. In all cases, lifestyle changes are important to reduce your risk for heart attack and stroke.

CHAPTER 6

TYPES OF RECOMMENDED FOOD



Chapter 6:

Types of Recommended Food

Good nutrition is an important part of leading a healthy lifestyle. To top things off you can eat right and exercise regularly to achieve a well-balanced healthy mind and body. Consuming food from a wide variety of sources helps maintain a healthy and interesting diet and ensure your body has the nutrients it needs to help reduce the risk of disease.

The Best Food Choices



Vegetables

Vegetables are useful in reducing weight diet as they provide bulk and give a feeling of being “full”, and furthermore, the bulk and water content aids in treatment of constipation. To get the best out of vegetables, they should be taken raw or just slightly cooked by steaming, boiling, broiling and stewing.

Green leafy vegetables provide a source of many nutrients, including iron, fiber, vitamins A and C and potassium which help to purify the blood, heal the intestinal tract, anemia and reduce the risk of developing diabetes. Good examples of green vegetables are spinach, cabbage, broccoli where they are best serve after being steamed or boiled lightly.

Red and yellow vegetables such as tomatoes, pumpkin, eggplant, potato, carrot, beetroot, bitter gourd rich in nutrients as well. They contain Vitamin A, Vitamin B, iron, potassium, calcium, and fibre which can improve body immunity and help boost body metabolism.



Fruits

Fruits provide nutrients vital for health and maintenance of your body. People who eat fruits as part of an overall healthy diet generally have a reduced risk of chronic diseases. Fruit is naturally low in calories, fat and sodium and rich in folate, vitamin C, potassium and fiber. Some of the examples of high-potassium fruits are bananas, peaches, oranges, honeydew and cantaloupe. Fiber in fruit helps to lower cholesterol and protect against heart disease. Strawberries and citrus are rich in vitamin C which is needed for growth and repair of tissues in all parts of your body.



Whole Grain

Eating more whole grains is an easy way to add a layer of "health insurance" to your life. Whole grains are better sources of fiber and other important nutrients, such as magnesium, selenium, potassium, protein, antioxidants, fiber, B vitamins, iron. Sticking to a healthy diet rich in whole grains can reduce the risk of blood coagulation, cholesterol levels and heart disease by lowering blood pressure.

Fiber is important for healthy bowel function and it helps reduce constipation and diverticulitis. B vitamins help the body release energy from carbohydrates, fat and protein. Iron is used to carry oxygen in the blood. Selenium is important for a healthy

immune system and magnesium is a mineral used in building bones and releasing energy from muscles.

Some of the healthy whole grains include whole wheat, bulgur, oatmeal, quinoa, brown rice, whole-grain barley and corn.



Dietary Fibre

Dietary fibre has many health benefits. Consuming food which are high in fibre can reduce your risk of heart diseases, stroke, diabetes, some cancer as well as losing weight. Food that are high in fibre are usually derived from natural and unprocessed food.

Good sources of fibre can be found in nuts, barley, whole grains, oatmeal, wheat cereals and beans. For vegetables, it can be found in celery, carrot and tomatoes. Whereas for fruits, it can be found in berries, apples, pears and citrus fruits. It is best to start your day off with a whole grain cereal or include unprocessed wheat bran to your preferred cereal to increase your fibre intake.



Healthy Carbohydrates

Carbohydrates are an essential part of a healthy diet. Did you know that we get about half of our calories from carbohydrates we take? Carbohydrates come in three categories namely sugars, fiber and starches.

Carbohydrates provide the body with glucose, which is converted to energy used to support bodily functions and physical activity. We can get carbohydrates from vast majority of food in our daily life. Most of them comes in form of plant-based food, and also starch. Simple sugar is also a simplest form of carbohydrates, also known as glucose. However, most glucose used in the processed food industry is artificial, and not a good source of carbohydrates.

So where do we get natural source of carbohydrates? We can find them in grains, milk, nuts, seeds, vegetables and fruits.

Carbohydrate quality is important; some types of carbohydrate-rich food are better than others. Good carbohydrates are essential to promote good health by delivering fiber, vitamins, minerals and a host of important phytonutrients.



Calcium

Calcium is important for overall health. It is an essential mineral needed for building strong teeth and bones, blood clotting, cell signaling and the release of hormones. Almost every cell in our body uses calcium in some way.

Our body requires calcium to maintain a healthy bones and teeth. Dairy products are a good source of calcium, which they are also easily digested and absorbed into the body such as milk, unsweetened yogurt and cheese. Vegetables such as kale, romaine lettuce, celery, broccoli, fennel, green beans, cabbage, summer squash, brussels sprouts, asparagus as well as cremini mushrooms are rich sources of calcium. Moreover beans such as black beans, white beans, pinto beans, kidney beans, black-eye peas or even baked beans are excellent choices for gaining calcium. Protein provides us the energy for our body to work and overconsumption of protein can be detrimental to our kidneys. Fish, chicken or plant-based protein such as beans, nuts and soy are the ones that contain high-quality protein.



Healthy Fats

People today avoid fat to lose fat, which is crazy! You need fat to survive. Fat is one of the main macronutrients that our body needs to carry out vital functions. So, depriving it from essential fats can cause many health problems! And not all fats are bad, there are good ones as well. Eating fat can be heart-healthy if you pick the right kind.

Adequate fats are important for good health. These healthy fats are needed by our body to provide energy, support metabolism, and immunity. Not just that, healthy fats help to protect your heart and satisfy your cravings between meals.

Here are some of the examples of high-fat food that are actually incredibly healthy and nutritious: avocados, almonds, fatty fish, hazelnuts, cheese, dark chocolate, pecans, pumpkin seeds and sesame seeds.

CHAPTER 7

COOKING UP SIMPLE HEALTHY MEALS



Chapter 7:

Cooking Up Simple Healthy Meals

When it comes down to feeding your body and mind, nothing is superior to preparing your food from scratch, with quality ingredients and served with love. Preparing meals at home allows you to control the amount of salt and oil you use in your recipes. This in turn reduces the possibility of clogged arteries and weight gain. Not just that, taking the time to plan your weekly menu not only helps to save time and money, but also provides a way to create meals with a balance of fat, protein and carbohydrates, plus all the essential vitamins and minerals needed for the child and adult's body.

Meal Planning

One of the best ways to make sure you eat well is to plan your meals ahead of time. It is a vital part of eating a healthy diet and there are many benefits of meal planning:

- Add variety
- Eliminating the Last Minute Stress
- Making Shopping Easier

- Saving Time and Money
- Helping You Avoid Unhealthy Choices

The Recipes

Cooking healthy recipes and meals don't have to be difficult or time-consuming! These healthy recipes will please the whole family. Start the day off with a spring in your step with these simple yet healthy recipes that will keep you energized for the entire day. So, how simple can it be? How about as simple as 5 minutes prep-time without any cooking needed? Sounds good? Let's dive in to know more!

Breakfast Fruits Cup



Ingredients: All you need are 2 oranges, peeled, seeded, and sliced into bite-size pieces 1 medium banana, peeled and sliced 1 tablespoon raisins 1/3 cup low fat vanilla yogurt and ½ teaspoon ground cinnamon.

Preparation: First, in a small bowl, combine fruit. And then, divide fruit equally into 4 bowls. Lastly, put a rounded tablespoon of low fat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Papaya Boat



Ingredients: Prepare 2 papayas, rinsed and peeled 1 medium banana, peeled and sliced 1 kiwifruit, peeled and sliced 1 cup sliced strawberries 1 (11-ounce) can mandarin oranges, drained $\frac{3}{4}$ cup low fat vanilla yogurt, 1 tablespoon honey and 2 teaspoons chopped fresh mint (optional).

Preparation: Cut papayas in half lengthwise. Scoop out seeds. Place each half in a medium plate. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

Tropical Eye Opener



Ingredients: Prepare mango, peeled, seeded, and cut into chunks
1 large banana, peeled and sliced 1 cup undrained pineapple
chunks, $\frac{3}{4}$ cup low fat vanilla frozen yogurt and 1 cup ice cubes.

Preparation: Combine all ingredients in a blender container.
Blend until mixture is smooth and pour into glasses and serve.

Chicken Tomatillo Salad



Prepare the dressing with 1 cup husked and quartered tomatillos, 3 tablespoons light Italian dressing, 1 fresh Anaheim chili, seeded and chopped $\frac{1}{4}$ teaspoon ground black pepper.

Ingredients: As for the salad itself, get ready 2 cups chopped, cooked chicken or turkey 1 cup chopped red bell pepper, 1 cup frozen corn, thawed, 1 cup chopped carrots 4 green onions and sliced $\frac{1}{4}$ cup chopped fresh cilantro. In a blender or food processor container, purée tomatillos with dressing, Anaheim chili, and ground black pepper; set aside.

Preparation: Combine all salad ingredients in a large bowl and toss. Drizzle dressing over salad and toss well to coat. And then

cover and chill for 20 minutes or make a day ahead to allow flavours to blend and serve on lettuce-lined plates or bowls.

Corn and Green Chili Salad



Ingredients: All you need are 2 cups frozen corn, thawed 1 (10-ounce) can diced tomatoes with green chilies, drained $\frac{1}{2}$ tablespoon vegetable oil, 1 tablespoon lime juice, $\frac{1}{3}$ cup sliced green onions and 2 tablespoons chopped fresh cilantro.

Preparation: Combine all ingredients in a medium bowl; mix well and serve.

Avocado Garden Salad



This salad might need a longer prep-time but still, no cooking needed!

Ingredients: Prepare 6 cups torn or cut mixed salad greens, 3 medium tomatoes, chopped, 5 green onions, chopped 1 small cucumber, peeled and chopped 2 tablespoons lemon juice, 1 /3 teaspoon garlic powder, ½ teaspoon ground black pepper, ½ teaspoon salt and 1 large avocado, peeled. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.

Preparation: In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together. Cut avocado in half lengthwise. Remove pit and peel

avocado halves. Slice into thin wedges, about 1/8-inch thick. Arrange avocado slices on top of salad and serve immediately.

Fruits and salad as the base for breakfast and lunch, but please do not get nervous. I will definitely give you the “Protein” recipe for your dinner. Stay calm and here we go!

Rosemary Lemon Chicken with Vegetables



Ingredients: Prepare ½ pound small red potatoes (about 3 potatoes), rinsed and cubed 1½ cups baby carrots, 1 cup green beans, trimmed 2 boneless, skinless chicken breasts, halved (about 1 pound) 1 tablespoon olive oil, ¼ cup lemon juice, divided 2 tablespoons honey, 1 tablespoon chopped fresh rosemary or 1

teaspoon dried rosemary, 1 teaspoon grated lemon peel and $\frac{1}{4}$ teaspoon ground black pepper.

Preparation: In a medium pot, bring 8 cups of water to a boil. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

Spaghetti with Turkey Meat Sauce



Ingredients: You need a non-stick cooking spray, $\frac{3}{4}$ pound lean ground turkey, 2 (14½-ounce) cans diced tomatoes, juice reserved. 1 green bell pepper, finely chopped, 1 cup finely chopped onion, 2 cloves garlic, finely chopped, 1 teaspoon crushed dried oregano, 1 teaspoon ground black pepper and 1 pound spaghetti noodles.

Preparation: Spray a large skillet with non-stick cooking spray. Preheat skillet over medium heat. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

CHAPTER

8

GENERAL GUIDELINE TO OVERALL WELL-BEING



Chapter 8:

General Guideline To Overall Well-being

Healthy eating is not about starving yourself or force yourself to stick to a "diet" no one wants to talk about. Rather, it's about eating the food you want to in moderation, feeling great, having more energy and improving on your health and mood.

Ever feel overwhelmed by all the conflicting diet and nutrition advice out there? You're NOT alone! It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite.

Quite often, the convenient food found in the grocery stores are flavored with too much sugar, salt and unhealthy ingredients. Many of these unhealthy ingredients are hidden which is why it is significant to pay more attention to the food labels. It is necessary to know what you are putting into your mouth. By reading food labels, you get to compare and find food that have the nutritional value your body needs.

To improve your eating habits permanently is easier said than done. Here are the 3-R's to destroy and build a new habit:

- **REFLECT** or be aware of your current eating habits, every little details of it. Take note and also pay attention to what triggers these habits.
- **REPLACE** your old habits to the new, healthier ones.
- **REINFORCE** your new empowering habits to make it stick for long-term.

1. Track Your Eating Habits

The simplest way to track what you eat and drink is by setting up your diary in a notebook or downloading a food journal app on your phone. Keep track of all the things you eat and drink. Remember to track your total water intake as well. It is significant to ensure you stay hydrated at all times.

After some time, you will notice that there are areas where you think you would like to improve and make changes. For instance, you might notice you have the habit of skipping breakfast or don't take enough fruits. These are some of the areas where you can improve on.

2. Highlight Your Eating Habits

Doing so allows you to discover the habits that lead you to eat more than you're supposed to. Below are some of the habits that make you overeat:

- You eat when you are not hungry
- You ignore nutrition advice
- You are always craving for dessert
- You eat too fast
- Going wild on weekend
- You kick it with unhealthy pals
- You habitually use food as therapy
- You have the habit of skipping meals

3. Pay Attention To The Unhealthy Eating Habits

You've Highlighted

Awareness is always the first step to change. So you have to find out all the triggers that cause you to overeat. Once you have identified, the next thing you have to do is to take some time to list out which you would like to work on improving first. Remember, behaviors are driven by cravings for rewards or avoidance of

negative consequences. So don't forget to pat yourself on the back for the things you're doing right. It's important to celebrate (I think that's just as true in life as it is with habits).

We want to continue doing things that make us feel good. Don't forget to reward yourself so that you become more motivated to turn it into a habit.

For example, if you've chosen to have salad instead of burger as your dinner, celebrate your progress with a reward. Take time to celebrate!

Always remember to reward yourself as you make simple changes that in the end will result in achieving your overall goal.

4. List Down Your "triggers"

It is important to jot down your "triggers" so that you will be aware when you eat for reasons other than hunger. This allows you to pay more attention to your typical feeling at those times. Some of the most common reasons that encourages overeating includes environmental "triggers" and emotional state.

8 common triggers for eating when not hungry are:

- Because the Clock Says So
- Because You're Tired

- Suffering from the clean plate syndrome
- Clock says so
- During a very stressful period, i.e assignment period
- Sitting at home watching television
- Opening up the cabinet and seeing your favorite snack food.
- Can't Say No to Food Pushers

4-Step Eating Habit Hacks

1. **Mark the “triggers” on your list** that you encountered on a daily or weekly basis:

- For example, attending a birthday party may be a trigger for you to have a “Cheat” day to overeat, so simply have that piece of cake that doesn’t fit into your daily food intake goals! Thus, you may want to attend as many birthday parties as possible as a “trigger” for you to overeat. Some triggers may be as absurd as not going to the gym as a trigger to binge! Don’t fret upon it, simply mark them down for now.

2. Now, **ask yourself these questions for each “trigger”**

you’ve marked:

Does this fit in to my fitness goals? How does it made me feel afterwards?

- Obviously your answer will be NO, and you felt like PIG after you binge. Well, your answer may vary, just write them down to have clarity and create the “Pain” and “Disgust” so that you know you MUST CHANGE.

How can I avoid this situation?

- After noticing the triggers and the pain your non-empowering actions brought upon you, find a way to avoid that situation. For example, you choose to workout at another gym instead of your usual gym located next to Mc Donald.
- Or drinks lots of water when you realize that you’re in “Binge mode”
- Or choose another place to study instead of your home kitchen!

But you can’t avoid birthday parties of someone important, or your staff meeting right? So what can you do?

Ask this question:

What should be done differently to develop a healthier diet?

- The key here is to plan ahead! And when you ask this question beforehand, your brain will naturally find better alternatives to make sure that you stick to your fitness goals!
- Maybe it's bringing healthy snacks to work (especially when there are long hours ahead)
- Track your food, make sure it fits your daily macronutrients and don't overeat. Being food-conscious in a party is a good way to control yourself.
- Eat lots of veggies before attending a party! Being filled before the party is a good way to not binge.

3. **REPLACE** unhealthy eating habits with new, healthier ones.

Now that you've asked yourself the above questions and have a clear sense of awareness, you simply have to take action to replace your old eating patterns!

Perhaps you overeat because you're eating too fast? Eat slowly.

Perhaps you overeat not because of hunger, but due to stress, anxiety, anger or frustrations? Replace it with other activities such as going for a jog, visit a friend, read an uplifting book, talk to your family... you'll definitely feel better and you'll totally forget about your hunger!

The key to lasting change is to PLAN AHEAD – so write down your daily, weekly and monthly fitness goals, what your food choices are, your body weight goals... and STICK TO IT!

4. Finally, **REINFORCE** your new eating habits!

Rome is not built in a day – so is your body and your habit. You need to practice your new eating habit day by day, week by week, to rewire your old eating pattern to a new one.

But this is the hardest part, because it requires patience. But stick with it anyway! Believe that it's all worth it in the end. Special tips to make this work is to have a mastermind group to keep each other accountable, join a community, a challenge group, update your close friends and family about your goals, picture yourself eating healthy greens and having those washboard Abs, vibrant, happy and full of energy!

One of the best way to reinforce this habits and make it ingrained into your subconscious mind is to write out a list of 100 reasons WHY you want to be fit / Eat healthy?

Having the 100 Reasons WHY is going to pull you towards your goal, creating a gravity that guarantees your success, as many burnt out after pushing too hard for far too long. Thus having 100 reasons create that 'gravity' to pull you to your fitness goals almost effortlessly.

So there you have it! 4-Step Eating Habit Hacks and all the crucial information you ever need to start eating healthy and live a long, strong, fruitful and fulfilling life!