

Food as Medicine Everyday

The current Standard American Diet is **calorie rich, nutrient-poor, highly processed, and low in whole foods**. It increases the risk for chronic diseases - which are now the major cause of death and disability worldwide.

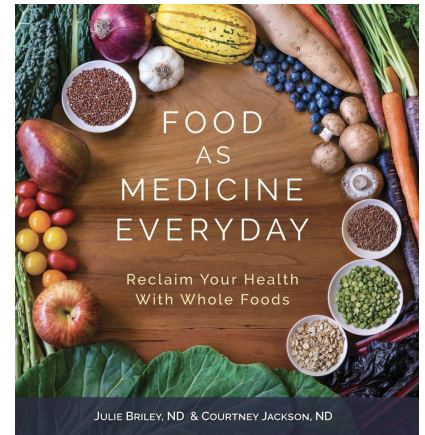
How do we shift towards a healthier, more holistic lifestyle and diet?

1. Nourish ourselves with **healthy fats, whole grain** carbohydrates, and **plant proteins**
2. Avoid all trans fats! Make sure food has no *partially hydrogenated oils*
3. Learn how to properly read food labels! Assess the following:
 - a. The Ingredients - **you should recognize everything** on the ingredients list. Beware of refined grains, chemical additives, and trans fats.
 - b. The Nutrition Facts - keep in mind the serving size, amount of fiber, protein, fat, and salt.
4. Consume a **whole foods, plant-based** diet full of fruits, vegetables, legumes, whole grains, nuts, seeds, and water! Avoid or limit sugary drinks, processed meats and snacks, sweets, dairy, red meats, and poultry.
5. Practice strategies for healthy digestion
 - a. Put yourself in a **parasympathetic state** when you're eating by limiting distractions such as your phone, eating more slowly, avoiding multitasking, and taking deep breaths before a meal
6. Fill your day with **healthy habits** such as eating a breakfast full of fiber, fruit, and protein within an hour of waking up
7. Hydrate yourself everyday! You should be drinking half your weight in pounds, in ounces, each day
8. Get **7 to 9 hours of sleep per night** - this will help your body recover, destress, and avoid the craving for sweet carbohydrates
9. Move more! **Combat physical inactivity** by taking the stairs, gardening, setting reminders to stand, and parking at the back of a lot.
10. **Cook at home** - fast foods are high in calories, as well as saturated and trans fats.
11. Include vegetables, fruits, healthy fats, beans, legumes, and fermented foods in your cart each time you visit the grocery store

We obviously cannot eat 100% healthy and avoid fast food everyday of our lives. However, everyday we are faced with choices that could improve or hurt our health. It is never too late to make healthy choices! **What changes are you going to make starting today?**



 TRANSFORM



Behavior Change System
Progress

You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.