

# Emphasize

## Lean, Complete Protein

### Criteria:

Lean (less than 20% of calories from fat)

Complete (all 8 essential amino acids)

### Goal:

at least 20 to 30 grams of protein per meal

at least 10 to 15 grams of protein per snack

### Examples:

4-6 oz of Chicken, (white meat only, no skin)

4-6 oz of Turkey (white meat only, no skin)

1 Cup of Egg Whites (Egg Beaters)

1 Cup of Non-Fat or Low-Fat Cottage Cheese

4-6 oz of Lean White Fish

4-6 oz of Seafood

4-6 oz of Non-Fat Cheese

3 1/2 oz - 7 oz of Water Packed Tuna

2 Scoops of Whey Protein Powder

2 Cups of Non-Fat Plain Yogurt

2 Cups of Non-Fat Milk

4-6 oz of Salmon (up to twice weekly)

## Unprocessed Carbohydrates

### Criteria:

Foods as grown, rich in fiber

### Goal:

One cup of good carbohydrates per meal

### Examples:

Any Whole Fresh Fruit or Frozen (plain)

Apples, Pears, Melons, Strawberries, etc.

Any Raw Vegetable

Spinach, Cucumbers, Tomatoes, etc.

Any Plain Steamed Vegetable

Broccoli, Cauliflower, Asparagus, etc.

1/2 Yam or Sweet Potato

Any Whole Grain

1/2 cup cooked Oatmeal

1/2 cup cooked Brown Rice

1 slice of Stoneground or Multi Grain Bread

1/8 loaf of Manna Bread

Legumes:

1/2 cup cooked Beans, Peas, or Lentils

## Good Fats

### Criteria:

Must be raw and come from plants

### Goal:

at least 1 Tablespoon of good fat per meal

### Examples:

Hemp Seed Oil

Flax Seed Oil or Raw Flax Seeds (ground)

Raw Nuts (Almonds, Cashews, etc.)

Raw Seeds (Pumpkin, Sunflower, Sesame, etc.)

Extra Virgin Olive Oil

Avocado

## Water

### Criteria:

The more pure the better

Must be unsweetened

Thirst is not a good guide. Make water a habit.

### Goal:

Drink at least 8 to 10 glasses of water per day

### Examples:

Filtered Water or Bottled Water

Distilled Water

Herb Tea (without caffeine)

Plain Sparkling Water

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Healthy Lifestyle Through Correct Nutrition, Exercise and Supplements

2790 Skyway Drive • Suite 112 • Torrance, California 90505



# Avoid

## Toxic Fats

### Criteria:

Fats that come from animals  
 Processed fats like hydrogenated oils  
 Fats exposed to high heat like all fried foods

### Why?

One of the two most fattening kinds of food  
 Makes you tired, sluggish and lethargic  
 Blocks your body's ability to burn fat  
 Raises your cholesterol

### Examples:

Anything Fried  
 Butter  
 Lard  
 Margarine  
 Mayonaise  
 Regular Salad Dressings  
 Cream Sauces like Alfredo or Bernaise  
 Bacon or Sausage  
 Hot Dogs  
 Regular Lunch Meats  
 Red Meats: Beef, Pork, Lamb, Veal  
 Whole Eggs  
 Regular Cheese (60-90% fat)  
 Whole Fat Dairy Products  
 Milk, Sour Cream, Cream Cheese  
 Low-Fat Dairy Products  
 Low-Fat Milk, Sour Cream, Cream Cheese  
 All Processed Vegetable Oils  
 Roasted Nuts or Seeds  
 Peanut Butter  
 Ice Cream  
 Gravy

## Processed Carbohydrates

### Criteria:

Processed and highly refined – often white  
 Worse on an empty stomach  
 Avoid any carbohydrate by itself

### Why?

Triggers the release of excess insulin  
 Makes you fat and tired  
 Causes hypoglycemia (low blood sugar)  
 Causes hunger, cravings & overeating  
 Causes mood swings, anger and anxiety

### Examples:

Alcohol (of any kind) – the most refined of all  
 Sugar (of any kind)  
 Sweeteners (of any kind) (NutraSweet, Equal)  
 White Flour Products (of any kind)  
 Breads, Bagels, Tortillas  
 Dry Breakfast Cereals (of any kind)  
 Cake (of any kind)  
 Candy (of any kind)  
 Cookies (of any kind)  
 Pie (of any kind)  
 Dried Fruit (of any kind)  
 Fruit Juice (of any kind)  
 Granolas or Mueslis (of any kind)  
 Jams or Jellies (of any kind)  
 Muffins or Donuts (of any kind)  
 White Flour Pasta  
 Popcorn (of any kind)  
 White Potatoes (of any kind) ie, Brown Russet  
 White Rice or Rice Cakes (of any kind)  
 Rolls (of any kind)  
 Sodas (of any kind), including Diet Sodas

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