INTEGRATIVE HEALTH PRACTITIONER

TOP 12 DIET TIPS

Top 12 Tips for a Healthy Diet

1. Meat/Eggs: Look for pastured or grass-fed organic

2. Fish/Seafood: Look for wild caught

3. Nuts: Look for organic and raw and sprouted when possible

4. Fruit/Vegetables: Look for organic or wild/local (use *Dirty Dozen/Clean 15* list). Aim for 60-80% of your diet to be plant based

5. Oils: Look for organic, first pressed, cold pressed extra virgin in a dark bottle. Avoid frying your foods in oil, add after as a dressing

6. Salad Dressing: Use lemon/citrus, olive oil, dried herbs, and sea salt

7. Water: Drink approximately half your body weight (lbs.) in water (oz.) per day, majority 30-min before meals and 1-2 hrs after

8. Fasting: Aim for at least a 12-hour overnight fast

9. Meal Timing: For most people, keeping meals a minimum of 3-4 hours a part is ideal

10. Breakfast: Liquid before lunch - Start your day with an easy to digest breakfast. (A smoothie is a great way to get all your nutrients in!)

11. Follow the Ayurvedic Rule of 4ths: 2/4ths food, 1/4 liquid, 1/4 air (don't pack your stomach to full of food!)

12. Eat Mostly Whole Foods: Does your plate contain foods you'd see growing in nature? (Does it come from a bag/box? Is it white or brown?)

IHP Quick Tip

"By following just a few simple rules to live by you will be well on your way to living a healthier, happier life! Plus, our goal with the Top 12 Tips for a Healthy Diet is to provide a framework for clean eating, while allowing you to still choose many of your favorite foods. Eating should be fun and enjoyable - Let's just make sure it's making you healthy and strong at the same time!"

* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.