

TOP 10 HEALTHY EATING TIPS:

1. Always try to change up the types of food you are eating. For example, if one night/week you had chickpeas and rice then the next night/week have lentils and buckwheat or quinoa. Anything you eat every day will end up as an allergy. Variety is key.

2. Chew your food 30 times before swallowing. This takes a huge burden off of the digestive system to have to break down all the food particles. Chewing also stimulates the Vagus nerve helping stimulating digestion. It also slows down the rate of food intake, which leads satiety with less food helping aid weight loss and overall better health. You should notice less bloating and better digestion by just adding in this simple tip.

3. Cook using low heat temperatures. If you are cooking at high heats, especially when cooking fats - you might as well be eating inflammation! Likewise, if your food burns or chars you are eating carcinogenic compounds. So, try cooking with water if possible so the temperature never gets above 100 degrees Celsius and if BBQing always marinate in lemon juice or Guinness beer to help reduce inflammation. Use oils with high flash points and buy unroasted seeds and nuts.

4. Before eating take a few deep breaths – relax – and slow your mind down. While you eat pay attention to each bite, the flavours, textures, and most important your satiety level. It is always surprising when you do this as each bite tastes better and better. You will also find that you fill up faster and that it takes less food to feel food – helping your body and budget.

5. Balance out your meal so all your taste buds are satisfied: sweet, bitter, salty, sour, and savory. This will help reduce future cravings (see the adjacent infographic).

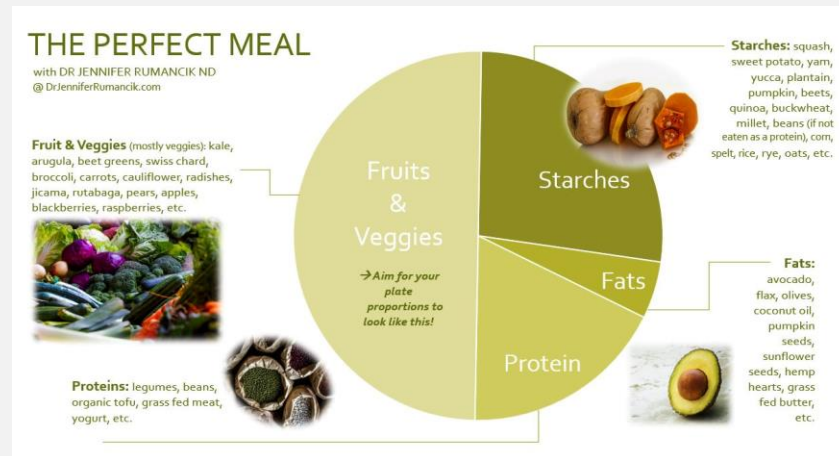
6. Plan ahead and meal prep. I like to dedicate Sundays for getting my meals ready for the week ahead. This helps reduce meals eaten out as well as reduces eating quick foods which are typically processed.



7. Aim for ½ your plate to be veggies (eat more raw foods in the summer and spring and more

cooked/lightly steamed foods in the fall and winter), 1/3 complex carbohydrate or starch and 1/3 protein with each meal, 1/6 fat at each meal (~ 1 - 2 tbsp unsaturated fats - liquid at room temp, ½ an avocado, or 2 tsp saturated fats – hard at room temp). If you had a grain at one meal add a legume with it or have some with your next meal – the proteins compliment each other ensuring you are getting all of your amino acids; this is particularly important if you are vegetarian.

(I like to print these infographs off and hang them on the fridge)



8. Eat smaller meals, have salad before meals (bitters), apple cider vinegar shots or an HCl supplement. These tips all help increase acid production needed in the stomach to absorb minerals and break down protein – good digestion starts with a having the proper stomach acid. Inevitably, everyone loses stomach acid as they age; thus, it is important to incorporate smaller meals, bitters, digestive enzymes with HCL, or apple cider vinegar before meals to ensure optimal digestion.

9. Try intermittent fasting. Leave ~12 hours between your last meal the night prior and your breakfast / lunch the next day - skip breakfast! The word breakfast is made up of the word’s “break” and “fast” where the best meal to break you overnight fast is not one high in sugar, but one balanced according to the info graph above. If you find you cannot last 12 hours try a “bulletproof coffee”, ½ an avocado, or a small portion of seeds or nuts - it will keep you in ketogenesis, which is burning fat, repairing the body, and sensitizing insulin ensuring proper blood sugar balance. Better yet is doing an entire day or even a three day fast. However, if you plan on going for any longer then please consult with your naturopathic doctor prior to starting.

10. Lastly, 80% of the time eat healthy and 20% enjoy! Eating is one of the biggest indulgence humans share and have prided themselves on for centuries, it is seeped in tradition and culture and part of our major life events. So, eat up - be indulgent - and enjoy... just not all the time!