

BASIC NUTRITION TIPS

- Keep this mantra in mind, “Eat to live, don’t live to eat.”
- Think of every meal as an investment in your future.
- Failing to plan is planning to fail. Eating healthy takes time and preparation.
- Adopt the “Eat it anyway” philosophy (i.e. even if it doesn’t taste *great*, eat it anyway because it is healthy). You will find you will start liking healthy foods and eventually even crave them.
- Start making the switch to Food by God and away from Food by Man (keep a journal)
(We are hoping to have the list posted this week on our website
www.westcobbchiropractic.com)
- Don’t eat right before bed time or exercising
- Decrease food portions and cut out junk food.
- Utilize the “Rules for Better Fueling”
 - Replacement Rule
 - Dress Up Rule
 - Multiple Feedings Rule
 - Vacation Meal Rule
 - Addition Rule
 - 10 Point Reduction Rule
 - Stay Full Rule
- Replace your meat with natural, organic, hormone/antibiotic free meat
 - Grass-fed beef is available on the internet (frozen) or through local farms
 - Natural chicken is available at just about every grocery store
- Replace refined/processed sugars with natural sweeteners like honey, pure maple syrup, turbinado sugar, or stevia.
- Replace margarine with butter
- Try to buy organic fruits and vegetables
- Drink LOTS of water (slowly replace what you drink now with water)
- Shop around the perimeter of the store. That is where the healthier foods are. The center of the store is where all of the processed food is located.
- Start reading ingredient labels and avoid **all** of the following:
 - MSG (Monosodium Glutamate)
 - Artificial Sweeteners (Splenda, Nutrasweet, Aspartame, etc)
 - Nitrites and/or Nitrates
 - Sulfites
 - Partially Hydrogenated *Anything*
 - White flour (when the label says things like enriched flour, wheat flour, bleached flour, it is no good. It needs to say whole grain.....)
 - High Fructose Corn Syrup
- Eat out less often (If you do, substitute better choices)
- Buy a steamer...it is the easiest, healthiest way to prepare vegetables