

Properly Prepared, Nutrient Dense Whole Food Tips

Whole food

- Choose foods that are whole, fresh, natural, organic, local, seasonal and unprocessed
- Eliminate refined, highly processed foods and foods with un-natural ingredients like artificial flavors, colors, preservatives, sweeteners and hydrogenated fats

Nutrient dense

- Choose foods that are rich in protein, vitamins, minerals, healthy fats and complex carbohydrates when compared to their total caloric content
- Building your menu around plant-based foods will make your meals more nutrient-dense and lower in calories

Healthy fats

- Get your healthy fats from plant sources, such as nuts, coconuts and avocados or from animals raised naturally, outside, in the sun and air, eating grass, not grain.
- Minimize extracted oils and processed fats. Absolutely avoid hydrogenated fat or trans fats. Use grass fed dairy butter and not margarine.
- If you reduce the amount of simple, process carbohydrates you eat your body will adapt and learn to get fuel energy from healthy fats instead of storing that fat. You will drop body fat stores.

Plant based

- Eat mostly plant based foods including raw and lightly cooked vegetables, fruits, sprouts, legumes and beans, nuts, seeds and whole grains
- Eat a rainbow. A colorful variety of plants provides a wide spectrum of vitamins, minerals, phytonutrients and antioxidants