

# The GOOD, The BAD, The UGLY

## THE GOOD:

### **1. Fiber Foods** (*Try to eat at least 25 g per day. The more, the better!*)

Sources: Fruits, vegetables, whole grains, nuts, seeds, legumes, beans.

- Eat fiber rich foods RAW as often as possible – RAW FOOD contains LIVE ENZYMES!
- Ideas for increasing fiber: Washed and ready-to-eat fruits and vegetables; Add berries to morning cereal; Try veggie burgers; Use whole grain bread (Try Ezekiel bread); Use more beans; Add nuts and seeds to salads; Use brown rice; Make mega fiber muffins & pancakes; Fill a large bin with an assortment of raw nuts and dried fruit for snacking.
- Foods with little or no fiber: processed foods, processed cereal, white bread, some wheat crackers, meat, milk, eggs, and cheese.

### **2. Omega-3 Fats** *The Best!!!!*

Sources: Flaxseed (grind 1-2 tbsp.. per day in a coffee grinder), Wild Salmon, , Pumpkin Seeds, Walnuts, Cold Pressed Canola oil, Alfalfa sprouts, Soybeans, Organic chicken, Organic eggs

### **3. Unsaturated Fats** (*2 types - Monounsaturated, Polyunsaturated*)

Monounsaturated: Almonds, Cashews, Peanuts, Pecans, Avocados, Canola & Olive Oil

Polyunsaturated: Sunflower Seeds, Pine Nuts, Safflower Oil, Sesame Oil, Corn Oil, Cottonseed Oil, Fish

### **4. Water** (*1/2 your body weight in ounces per day - adults at least 64 oz.*)

## THE BAD

### **Saturated Fats** (*Adults should consume less than 7% per day." Dr. Pam Popper, Ph.D.)*

Sources: Beef, Pork, Poultry, Bacon, Butter, Cheese, Milk, Cream, Deli Meats, Coconut & Palm Oils etc.

## THE UGLY

### **1. Transfat**

Sources: Any food with partially hydrogenated oil or shortening in the ingredients list; some of the following: cookies, crackers, chips, pastries, bagels, donuts, peanut butter, fried foods, coffee creamers, soups, fast food, candy, margarine, salad dressing, cereal bars etc. (Note: You can find transfat free cookies, crackers, natural peanut butter etc. at health food stores. Also, try *Earth Balance* non-dairy buttery spread (available at Publix) – it's even great for baking!

### **2. Sugar "The Enemy"** –To find out # tsp. of sugar in a product – divide grams by 4.

Raw Sugar goes through 17 processings

White sugar goes through 37 processings

Avoid High Fructose Corn Syrup (highly processed fructose) – very unnatural in the body

Avoid Artificial Sweeteners (Aspartame, Nutrasweet, Splenda etc.) – synthetic - The Worst!!!!

Alternatives to White Sugar: Stevia - no processing

Raw Honey & Real Maple Syrup - no processing

Sucanat "Sugar Cane Natural" - only 2 processings- great for baking! (1:1 ratio for sugar)

**For Healthy Recipe and Healthy Eating ideas:**

[www.vegweb.com](http://www.vegweb.com)

[www.fandvforme.com.au](http://www.fandvforme.com.au) (this is an Australian website)

[www.healthychoices.org](http://www.healthychoices.org)

[www.5aday.com](http://www.5aday.com) Produce for better health

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