

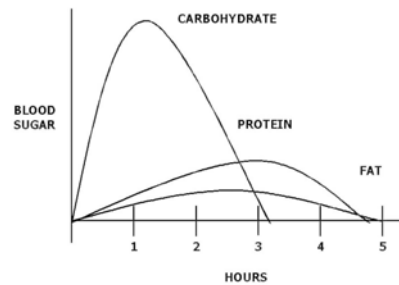
TEN STEPS FOR POSITIVE EATING

Avoid these energy drainers:

- 1) **Limit high-fat meals . . . yet don't eat completely "fat-free" meals either.** Aim for between 30 to 60 grams of fat per day. Remember that every 5 grams of fat you see equals 1 teaspoon of lard or shortening! Choose nonfat or low-fat dairy products, and low-fat meats, desserts, breads, and crackers; include a moderate portion of a healthy choice of fat from sources like oils, nuts, and seeds.
- 2) Don't eat just one or two large meals per day! **Eat three smaller meals per day, with frequent healthful snacks.** Eat less in the evening.

For quick and steady energy throughout the day:

- 3) **Eat several (2 to 4) fresh fruits per day,** starting early in the day.
- 4) **Eat whole-grain carbohydrates at each meal,** (like whole-grain cereal, breads, oatmeal, corn, potatoes, brown rice, and whole-wheat pasta) but don't eat too much! (For instance, choose from bread, potatoes, corn, or dessert...DON'T choose all!)
- 5) **Limit sugary foods to two (or fewer) small servings per day, consuming only with meals.**
- 6) **Make your meals "mixed energy fuels,"** including high fiber carbohydrates, lean protein, and healthy fat (about 10 to 15 grams).
- 7) **Overcome caffeine dependency.** (Sorry to depress you, but you are just borrowing energy from the future). Once you are fueling yourself properly, you won't require caffeine! If entirely cutting out caffeine just doesn't seem possible, then limit to two servings per day.



For energizing nourishment to brain and muscles:

- 8) **Eat lots of deeply colored vegetables,** favoring carrots, sweet potatoes, broccoli, green and red peppers, cauliflower, cabbage, spinach, and kale. These build the blood with the nutrients that energize cells.
- 9) Take a **moderate dose multi-vitamin and mineral supplement** for nutrition insurance, and commit to taking it consistently.
- 10) **Hydrate! Starting the moment you get up in the morning.** *You're always a little dehydrated upon rising.* If eight glasses of water makes you float, three or so may be all you need. (Clear urine is a good indicator that you're drinking enough.)

Circle the items that you are willing to start working on today.
Post this page where you will see it day after day.