

The Daily Dose

The goal is simple. Nourish your body well so you can be the healthiest version of you possible. With numerous fad diets and recommendations available, how do you know where to start and what to aim for day to day when it comes to your dietary intake?

This is a great place to start. Set your intentions to nourish your body by reducing processed foods and adopting a whole food based diet comprised of predominantly plant-based foods. You know - lots of fruits, veggies, nuts, seeds and beans!

AIM HIGH: We can all stand to eat more vegetables and when it comes to colorful produce, the sky is the limit. Rich in antioxidants and nutrients that boost immune function and decrease inflammation, colorful produce is probably the most important thing you can eat. The richer the colors that more nutrients so aim for variety in color by trying to eat the rainbow every day. Don't forget about those white vegetables—cauliflower, turnips, parsnips and the lot are very nutrient-dense in their own right!

- Colorful (non-starchy vegetable):
 - » Aim for at least 4-6 cups a day (smoothies, salads and juices can make this easier)
 - » Eat dark leafy greens daily
 - » Just eat your veggies—while organic is great that might not always be available! Frozen veggies are a great option as well!
- Fresh fruit:
 - » Try for at least 2-4 servings a day

FILL IN THE GAPS: Fruit and veggies are great but you can't live on them alone. Proteins and fats are important fuels that do your body good. These foods should be eaten in more moderate amounts but including them daily (some weekly) will help to nourish your body, satiate your belly and satisfy your soul.

- Carbohydrates: you need them but focus on whole foods sources instead of refined grains
 - » Whole grains, beans, legumes, bean sprouts: rich in protein, fiber and other good for your nutrients
 - » Starchy vegetables like winter squash, sweet potatoes, white potatoes and corn...guess what, they are vegetables! Eat them!
- Raw nuts and seeds: an excellent source of healthy fats and protein
 - » Aim for ¼ cup a day or 1-2 tbsp. nut butter
- Avocado: rich in anti-inflammatory nutrients like healthy fats
- Seeds (flax, chia, sunflower, pumpkin, etc): nutrient dense and anti-inflammatory
 - » 1-2 tbsp. a day

ANIMAL PROTEINS: Quality counts as animal proteins are naturally more inflammatory to our system. Opt for organic, pastured or wild-caught options whenever possible and decrease the serving size on your plate—that makes room for more vegetables!

- Wild fish
- Lean, grass fed, organic beef, bison, venison
- Organic chicken

DAIRY: Many people are lactose intolerant as they age. If you are bloated or sluggish after consuming dairy—it is likely that you are not tolerating this food. Regardless, think of dairy as a condiment! Small amounts and be conscious of added sugars in yogurt. You are better off choosing a plain variety and adding a teaspoon of sweetener to it as well as some nuts, seeds and maybe a bit of fruit.

SWEETS: Retrain your taste buds to enjoy moderate amounts of sweet. Ditch no calorie sweeteners (they are way too sweet—even the natural varieties). Read food labels to limit added sugars. Opt for a natural sweetener in smaller amounts! Natural Sweeteners: Honey and Real Maple Syrup

Limit added sugars, refined grains and highly processed foods but do not deprive yourself! Deprivation doesn't work—you'll end up with your hand in the cookie jar because you won't feel satisfied. Instead, focus your intentions on nourishing your body with the above foods and then enjoy the following from time to time. Make sure you give yourself permission to really savor and enjoy your favorite foods—you will be more satisfied that way!

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