

Top Ten Nutrition Tips & Top Ten Power Foods

Top Ten Healthy Eating Tips

1. Cut out **BAD** fats (saturated, trans, hydrogenated, fractionated)
2. Eat **GOOD** fats regularly (fish, mono- & poly-unsaturated)
3. Eat plenty of **FIBRE** (oatmeal, bran)
4. Learn to eat plenty of dark, colourful **VEGGIES** regularly (5 servings/day)
5. Snack on **FRUIT** – and eat them **BETWEEN** meals (5 servings/day)
6. Drink **PLENTY** of water (8 glasses/day...more with exercise)
7. Avoid **WHITE** sugar, flour, rice, potatoes
8. Avoid **ARTIFICIAL** ingredients (coloring, preservatives, flavoring, sweeteners)
9. Minimize **DAIRY** (remember, you are not a baby cow)
10. Eat **REGULARLY** (small, frequent, healthy meals)

Top Ten Power Foods

1. Almonds (calcium, omega-3)
2. Kale (Vit A, C, Folic Acid, calcium)
3. Brown Rice (B-vits, manganese, magnesium, iron)
4. Olive oil (monounsaturated fats, vitamin E, polyphenols)
5. Soy (calcium, omega-3, isoflavones)
6. Garlic (allicin)
7. Cold-Water Fish – **MASH** (omega-3)
8. Beans (protein, fiber, folic acid, zinc, magnesium and potassium)
9. Blueberries (antioxidants, polyphenols)
10. Green tea (polyphenols, catechins, theanine, vitamin C)

Contenders: flax oil, sweet potatoes, broccoli, pumpkin seeds, walnuts, mushrooms, spinach, quinoa, ginger