

What to eat for Health & Weight Loss

Written by:

Marilyn Williams

Certified Nutritional Counsellor &
Dietary Consultant





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Fruit for Health & Weight Loss

Eat these fruits...

- Acai berries
- Apples
- Blackberries
- Cherries
- Lemons
- Limes
- Pears
- Raspberries
- Strawberries



Eat in Moderation

- Bananas
- Mangoes
- Melon
- Oranges
- Pineapple



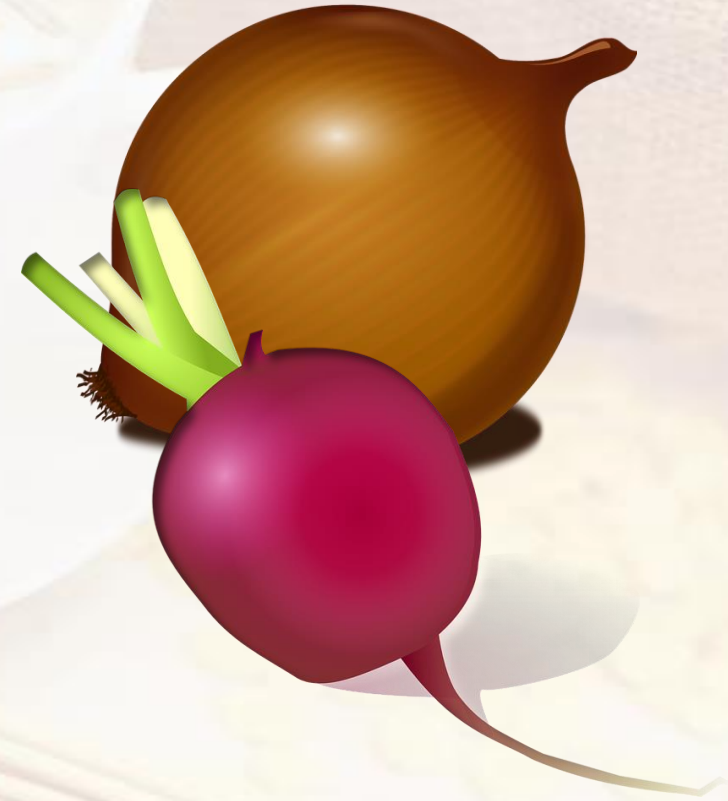
Vegetables for Health & Weight Loss

Eat **mostly** these vegetables...

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Garlic
- Ginger Root
- Green Beans



- Lettuce (not iceberg)
- Kale
- Mushrooms
- Mustard greens
- Olives
- Onions
- Parsley
- Radish
- Snow Peas
- Spinach
- Sprouts
- Sea vegetables
- Zucchini



Vegetables for Health & Weight Loss

Eat these vegetables in **moderation** ...

- Beetroot
- Carrots
- Chickpeas
- Legumes
- Leeks
- Lentils
- Okra
- Peas
- Pumpkin
- Squashes
- Tomatoes



Consume Seeds for optimum nutrition

Preferably sprouted so they contain:

- Higher amounts of fibre
- Many more enzymes, vitamins, minerals & antioxidants

This type of eating will:

- Reduce inflammation
- Lower acidity and alkalises the body
- Better control over blood sugar levels
- Removes toxins and artificial ingredients
- Provides optimum nutrients



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Alternate healthy grains

Keep your portion sizes small... no more than half a cup of rice etc. Pile the veggies and sauce on top. If you feel you haven't had enough, fill up on vegetables... lots of nice leafy greens. Make sure you have a healthy salad on the side. Do whatever it takes. 😊

Try not to have grains multiple times a day.



- Amaranth
- Barley
- Brown, black, red & wild rice
- Buckwheat
- Corn (not GMO)
- Millet
- Quinoa
- Sprouted grains
- Steel cut oats
- Sweet Potatoes – all kinds

Debates

There are basically debates in every quarter.

The debate we are looking at here today is in the area of grains and guess what, I'm not going to go into it, suffice to say that I believe we should err on the side of caution and not consume too many grains of any sort.

I didn't say we couldn't have any, but rather I'm saying to not go overboard. Your body can handle a small amount of most things, it's when it's eaten to excess that problems arise.

The only way you can be really sure whether grains are an aid to your health or not, is to test them. Try going without them for a couple of weeks or more. See what your body tells you.



Understanding Carbohydrates

When we talk about carbohydrates, we are talking of three components:

- Fibre (Soluble, Insoluble)
- Starch
- Sugar

It depends on how much of each of these is found in a food that determines its nutrient quality.

Fibre and starch = Complex carbohydrate = eat more

Sugar = Simple carbohydrate = eat less

In simple terms... the starch in carbohydrates turns to sugar in the body... therefore it is wise, if you are trying to lose weight, to forgo most starch at this time.

Simple v Complex Carbohydrates

Simple Carbohydrates

Digests quickly and make you hungry again.

- Raw sugar
- Brown sugar
- Corn syrup
- High-fructose corn syrup
- Glucose
- Fructose
- Sucrose
- Fruit juice concentrate



Complex Carbohydrates

Digests slowly and keeps you satisfied for longer!

Main sources of dietary fibre:

- Fruits
- Vegetables
- Nuts
- Beans
- Whole grains

Some high-starch foods are:

- Oats
- Corn (non GMO)
- Peas
- Rice

