

# Nutrition, Diet and You

*This information has been compiled in order to help you become more aware of nutrition in relationship to your personal dietary needs.*

**Follow these guidelines for better health!**

## What To Do

1. Exercise regularly (walking and swimming are best)
2. Reduce weight if you are overweight
3. Completely eliminate refined carbohydrates
4. Eat a high complex-carbohydrate, low fat, high fiber diet
5. Increase the dietary fiber in your diet to 25-40 grams per day
6. Select breads and cereals which are high in fiber
  - A high fiber bread would contain 3 grams per slice
  - A high fiber cereal would contain 12-15 grams per serving (one-third to one-half cup)
7. Keep total carbohydrates at approximately 300 grams per day
  - ◆ Weight loss 100 grams per day
8. Keep saturated fat grams at 20 for women and 25 for men
9. Eat plenty of raw fruits and vegetables
  - Fruits should be low carbohydrate
  - Stick to fruits which drip on you when eaten ☺
10. Drink eight (8 oz.) glasses of water daily (preferably spring, filtered, or distilled)

## Foods Which Are Acceptable

1. Meats - lean Protein - 15 grams for women, 20 grams for men, per meal
  - Chicken, turkey, fish, lamb, and lean red meat
2. Vegetables, green, leafy, lettuces (romaine, endive, bibb, *not iceberg*)
3. **Butter is Better**-use tubbed or whipped butter, not stick butter
4. Limited serving sizes of pasta and rice (should be whole grain)

## Foods to Avoid

1. Fried foods
2. Processed foods-cookies, candies, snacks, crackers
3. Sugar, white flour
4. Hydrogenated fats-mayonnaise, margarine, etc.
5. Processed meats-ham, bacon, sausage, or any meat that has nitrates or nitrites

## Beverages

1. Avoid all alcoholic beverages, all soft drinks (this includes diet sodas), coffee, and sweetened tea.