



# HEALTHY EATING

Eat right, be bright

# Limited Special Offer:

## Healthy Eating Video Course



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# Healthy Eating Cheat Sheet

Healthy eating can be tough, even for the most disciplined among us. There are so many temptations in the world around us that sometimes it can seem like there is nothing we can do to make healthy options anywhere nearly as tempting. Utilizing the knowledge in the Healthy Eating book, you will be able to make more informed choices about the foods you eat and how they affect your body so you will be more aware of why it is so important to make good food choices. But for those of us out there who don't have time for the whole book, or would like things presented in a simpler format, here is a cheat sheet!

## Why Eat Healthy?

- The standard American diet is dangerous. It is called the SAD diet for a reason, as processed foods are carcinogenic and unsustainable.
- Eating junk food makes you susceptible to disease.
- Other medical issues can also become problematic, like high blood pressure and diabetes.

## Understanding Your Relationship with Food

- Observe and be honest about your habits
- If you don't believe there is hope for the future it is hard to have the motivation to set and achieve goals.
- Evaluate your sense of self-discipline and determine where you struggle here so you can begin to address it.
- Are you self destructive? If so, try to address why so you can overcome that hurdle.

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## **The Dangers of Diet Trends**

- Designed to make people money, not help people lose weight and maintain weight loss.
- Often physically dangerous.
- Sometimes **lethal**.
- Make you gain more weight in the long run by ruining your metabolism.

## **The Food Pyramid**

- Modify the food pyramid to suit your dietary needs and lifestyle.
- Generally thought best to consume 6-11 servings of bread, pasta, cereal and rice.
- Fruits and vegetables can be enjoyed in 2-5 daily servings.
- Meat, poultry, fish, eggs, and nuts and beans can take up about 2-3 servings daily.
- Dairy can be consumed in 2-3 daily servings.
- Sugars, oils, and fats should be consumed in moderation.

## **How Food Can Be Your Medicine**

- Ancient healing art of Ayurveda is strictly plant and food based.
- Healthy foods fortify the body and protect against disease.
- Vitamin C can help heal the body actively.

## **Health Benefits of Eating Vegetables and Fruits**

- Improve skin and hair health and beauty.
- Healthy fibers that bind toxins and eliminate them from the body
- Aid in weight loss

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- Heal the body and prevent disease

## **The Best Meat to Eat for Healthy Living**

- Grass-fed beef
- Organic chicken
- Organic turkey
- Ethically raised fish
- Conventionally grown food has carcinogenic chemicals, such as hormones, antibiotics, and steroids present that can change body chemistry.

## **The Dangers of Processed Foods**

- Cause long-term medical problems
- Excessive amounts of sugar
- Excessive amounts of salt
- Excessive amounts of fat
- Carcinogenic chemicals
- Low in fiber so you consume more but burn fewer calories
- Artificial

## **Meal Planning**

- Visualize your future
- Take time to seek recipes to try
- Organize them in a binder
- Use programs and apps to create meal plans
- Stick with it to form good habits

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