



What You Eat Moves You Toward Health or Disease!

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What you eat tells your body how to control...

- Your metabolism
- Appetite
- Health
- Immune system
- Energy
- Memory
- Your aging process
- Elimination
- And more!



In fact, what you eat, breath, drink and your environment signals certain genes too amplify and others to tune-down. This is called epigenetics. (1)

The foods you eat, the exercise you do, and levels of stress you have in your body, influence the expression of your DNA! Crazy!

Great thing is you can start moving toward health with your next meal choice!

Good Fat

What is good fat?

Fat can be classified as a macronutrient. Good fats are fats found in whole live foods, not processed. They are absolutely essential to your cell's membrane. The cell membrane regulates what goes in and out of the cell and stores electricity, which the energy to create new cells (2).

Bad fats can hinder your energy, cause inflammation, platelet stickiness, hormonal imbalance, and fat storage. Nearly all processed foods contain bad fats (2).



Your body needs a near equal 1:1 ratio of essential fatty acids (EFAs) with omega-6 and omega-3. Most Americans consume too much omega-6 and little omega-3 (2).

Omega-3 oils support brain function. A 2011 study in Neurology showed those who consumed high amounts of omega-3 and vitamins C, D, E, and B had greater scores on thinking tests and were less prone to brain shrinkage with Alzheimer's disease (2)



When you eat good fat you're telling your body to (3)...

- Support your hormones
- Support your brain function
- Feel satisfied with your meal
- Support your energy system
- Release weight
- Improve your nails and hair
- Help my vitamin absorption
- Decrease inflammation
- Look younger
- Sleep better

Good fat includes:

- Avocados
- Nuts and Seeds
- Olives
- Coconut oil (cook with this or Ghee)
- Olive oil (use this on salads not to cook with)
- Wild Caught Fatty fish

Bad Fats Include:

- Canola
- Corn
- Cottonseed
- Peanut
- Safflower
- Soybean
- Sunflower oils
- All hydrogenated oils
- Olive oils not good to cook with or if it is rancid

Why is olive oil not good to cook with?

Olive oil like most oils is not good to cook with because of the heat. The structure and non-saturated fats, when used with high heat, can produce carcinogenic compounds that may put you at risk for lung cancer when inhaled (4)

Purchase small bottles of olive oil. Keep it in a cool dry place and put the cap on immediately after using it.

The more air it gets the quicker it will breakdown and become rancid. If it is rancid, it will smell like crayons, taste like rancid nuts and have a greasy feel in your mouth.

If it is over the expiration date, don't use it.



How much good fat should you eat per day?

The amount of fat you need is based on the calories your body needs and the diet you choose.

For a Mediterranean Diet where you consume lots of plant-based foods, fish, meat, vegetables, and legumes. You'll need 35-40% of your food from good fat(5).

Here is the amount in grams:

- 1,500 calories (small frame person): About 58–67 grams of fat per day or 19- 22 grams per meal (3-meals).
- 2,000 calories (medium frame person): About 78–89 grams of fat per day or 26-30 grams per meal.
- 2,500 calories (large frame person): About 97–111 grams of fat per day or 32-37 grams per meal.

Try and include a small amount of good fat with every meal and even a small amount with snacks.

Start consuming good healthy fat with most of your meals and give your cells the support they need to keep you healthy! Start consuming good healthy fat with most of your meals and give your cells the support they need to keep you healthy!

Clean Protein

Protein is an essential nutrient for the building, maintenance, and repair of almost all the tissues in your body, including your bones, muscles, blood, hair, nails, and organs. (6)

When you eat clean protein you're telling your body to(7)...

- Repair and build tissue
- Reduce appetite and hunger levels
- Increase muscle mass and strength
- Maintain bone mass
- Boost metabolism and increase fat burning
- Lower blood pressure
- Support your immune system

Good sources of protein include:

- Quinoa
- Eggs
- Nuts and seeds
- Hemp, Flax and Chia seeds
- Chickpeas (Hummus)





- Spirulina
- Lentils
- Wild Caught Fish (Limit to once a week)
- Cage Free, Hormone-free chicken

Here are the approximate daily protein needs for kids and adults (Developed by New York Times bestselling author and Food Revolution Summit speaker, Kris Carr):

- Kids ages 4 to 13 = 0.43 grams
- Adolescents ages 14 to 18 = 0.39 grams
- Adults ages 19 to 64 (moderately active) = 0.36 grams
- Seniors ages 65+ and special needs = 0.44 to 0.522 grams

Non-Refined (Complex) Carbohydrates Versus Refined Carbs

Non-refined carbs are foods that contain a complete source of carbohydrates. They will have natural sugars and fiber. Refined carbs are the simple carbs like white bread, enriched flour, and refined sugar. These foods are highly processed and most of the nutrients are gone! (8)

When you eat non-refined carbs you're telling your body to...

- Support my energy pathways
- Feed my good gut bacteria (fiber)
- Optimize my metabolism
- Keep me feeling fuller longer (fiber)
- Support my brain function and my nervous system

Good sources of non-refined carbs include:

- Sweet Potato
- Quinoa (substitute for rice)
- Cauliflower (substitute for rice 15-minute recipe [click here](#))
- Veggies: leafy greens, broccoli, carrots
- Beans and legumes
- Nuts and seeds
- Fiber-rich fruit: apples, bananas, berries



21- Best Low-Carbs visit

<https://www.healthline.com/nutrition/21-best-low-carb-vegetables#section9>



How many non-refined carbs should you have and when?

According to the Institute of Medicine, adult women should consume 45 to 65 percent of their daily calories from carbohydrates (9).

- 1,600-calorie diets need 180 to 260 grams
- 2,000-calorie diets need 225 to 325 grams
- 2,400 calories per day require 270 to 390 grams

Your body needs carbs for energy and many of your bodily functions. Start consuming the right kinds of carbs in the right amount and see how amazing you feel!

Bottom Line Is...

What You Eat Is Telling Your Body To Move Toward Or Away From Health!

You know the effects of what you eat...

- By how you feel
- Your energy level
- Focus and memory
- Ability to release weight
- How your gut feels
- How your skin, hair, and nails look

What happens in the body when you eat too many refined carbs and sugar?

Dr. Robert Lustig, a professor of clinical pediatrics in the division of endocrinology in the University of California and a pioneer in decoding sugar metabolism, says that your body can safely metabolize at least 6 teaspoons of added sugar per day. (10)

Here are some of the effects of too much sugar in your body:

- Overloads and damages the liver
- Affects your insulin and leptin signaling
- Causes metabolic dysfunction like weight gain, abdominal obesity, decreased HDL, and increased LDL cholesterol levels, elevated blood sugar, elevated triglycerides and high blood pressure
- Can affect your kidneys due to excess uric acid

What you need to know about high fructose corn syrup:

- Cheaper than refined sugar
- Sweeter than refined sugar
- Turns off leptin that hormone that tells your brain you're full
- Found in nearly all store-bought baked goods
- Found in sauces





According to SugarScience.org, 74% of processed foods contain added sugar stealthily hidden under more than 60-different names.

Your goal should be to spend 90 % of your food budget on whole clean, organic, Non-GMP foods, and only 10 % or less on processed foods.

Start having a new conversation with your body that feels good. It's time to feel and look your best!

Resources:

1. <https://www.drperlmutter.com/food-choices-change-gene-expression/>
2. Francis, Raymond (2014) "The Great American Health Hoax" Deerfield Beach, Florida., Health Communications In (p.98)
3. <https://drhyman.com/blog/2016/09/30/food-is-information-an-interview-with-dr-christiane-northrup/>
4. <https://www.healthline.com/nutrition/is-olive-oil-good-for-cooking#fat-content>
5. <https://www.healthline.com/nutrition/how-much-fat-to-eat>
6. <https://www.healthline.com/nutrition/10-reasons-to-eat-more-protein>
7. <https://foodrevolution.org/blog/plant-based-protein/>
8. <https://healthyeating.sfgate.com/recommended-intake-grams-carbohydrates-per-day-women-5883.html>
9. <https://www.onegreenplanet.org/vegan-food/benefits-of-complex-carbs-and-the-best-ones-to-eat/>
10. <https://articles.mercola.com/sugar-side-effects.aspx>