

6 SIMPLE STEPS TO HEALTHY EATING

Guidelines for a Healthy Diet
Make it a Priority



1

FRUITS AND VEGETABLES

Eat unlimited amounts of fresh unprocessed fruits and vegetables daily, approximately 6-8 servings. Eat moderate amounts of nuts and seeds, preferably all locally grown, organic, and in season.



2

GOOD QUALITY PROTEIN

Eat good quality protein foods such as eggs and grass-fed beef and free-range and organic chicken, turkey and other poultry, and wild Alaskan salmon.



3

DRINK PURE WATER

Drink approximately 8 glasses a day, preferably not from plastic water bottles. Insure that water is safe.



4

REDUCE OR ELIMINATE SUGARS AND GRAINS

This includes white sugar, brown sugar, powdered sugar, high fructose corn syrup, and others. Common grains are rice, wheat, oats, barley, rye, and corn.



5

USE HEALTHIER OILS

These include oils such as extra virgin olive oil, coconut oil, red palm oil, and organic butter, especially from the milk of grass-fed cattle. Eliminate oils such as corn, soy, safflower, sunflower, canola, and related products such as vegetable shortening and margarine.



6

NO TO PROCESSED FOOD

Cut out virtually all processed, manufactured foods and beverages, including fruit drinks and soda pop. This will greatly eliminate foods with preservatives, additives, coloring, and artificial sweeteners.

Lee Jackson, author, educator, and advocate of healthy eating provides nutritional awareness to parents and children.