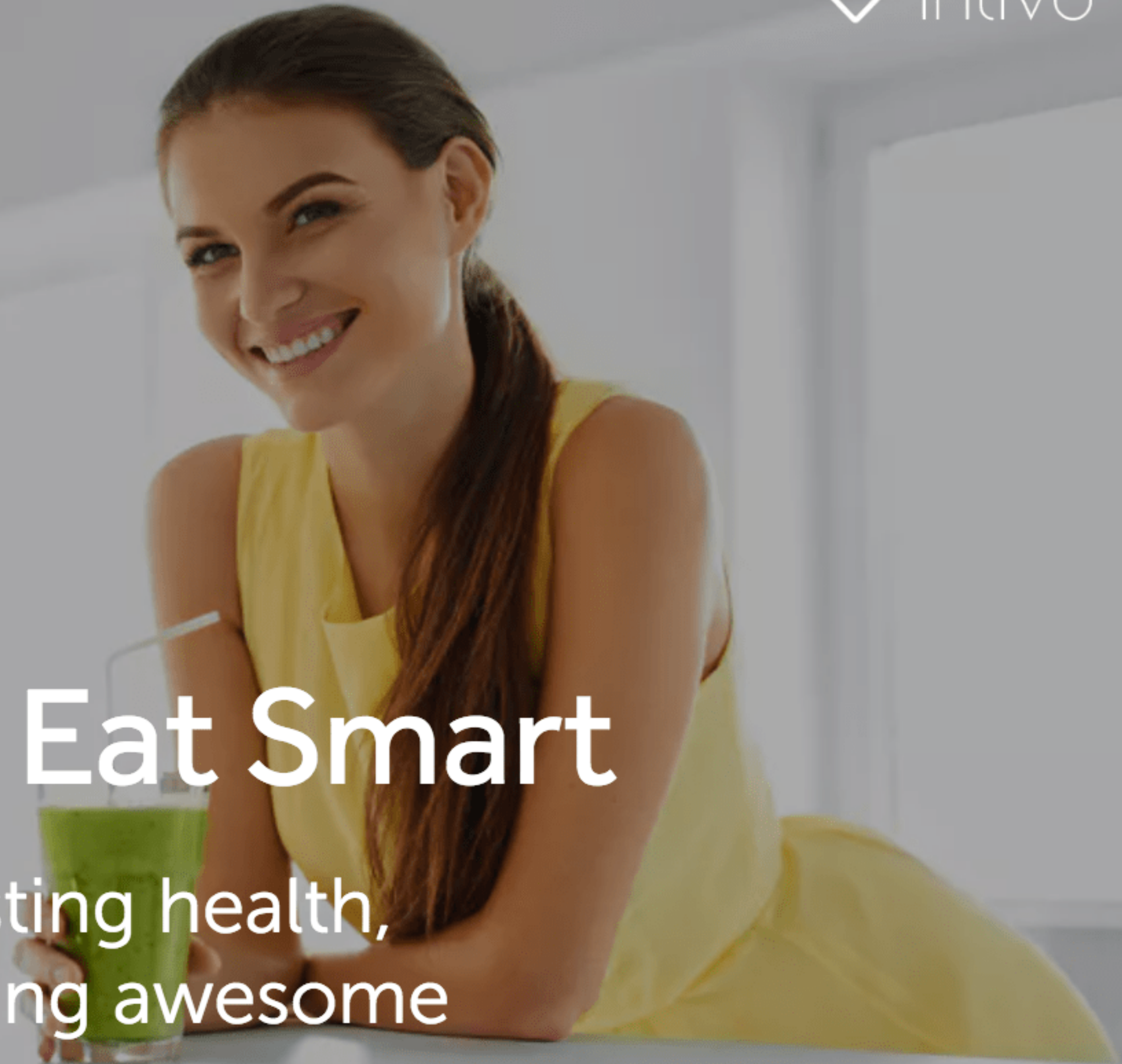


Don't Try Hard, Eat Smart

Top 5 proven keys to boosting health,
shedding pounds and feeling awesome





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Preface



NOT a week goes by that we don't hear rumors about a new diet that claims to have discovered a "magic formula" for successful weight management. Many people willing to try new plans soon discover a whole bunch of restrictions that make such dietary experiments unsustainable - the very reason why dieting is so hard and unsuccessful.

Now, imagine a different approach to achieving a healthy weight. An approach that focuses on your body as a whole. The goal is to help you manage your daily nutrient intake in a way, so your body gets all essential vitamins and minerals required to maintain your cells, tissues and organs. Bottom line is: you achieve a healthy weight by getting your systems in balance, not by starving yourself.



I. Get All Your Nutrients

A healthy nutritious diet provides the body with all essential nutrients required for your cells, tissues and organs to function properly. Unfortunately, the modern diet is very poor on some essential vitamins and minerals including vitamin D, vitamin E, magnesium and more. According to research, micronutrient deficiencies can lead to various cancers, cardiovascular disease, and other age-related diseases.

A bunch of fresh carrots with green leafy tops is shown on a wooden surface. The carrots are orange and have some white roots. The background is a blurred green, suggesting more foliage. The text is overlaid on the image.

1. Vitamin A

DRI: Males 900 mcg; Females 700 mcg/Pregnant 750 mcg/BF 900 mcg

Vitamin A acts as an antioxidant protecting cells from free radical damage. It is essential for skin growth and repair, formation and maintenance of teeth, bones, soft tissue, white blood cells, the immune system and mucus membranes.



Vitamin A: Key Facts



Health Benefits

- Keeps skin and mucous membrane cells healthy
- Fights cancer and slows down tumor growth
- Helps prevent infectious diseases and vision problems



Deficiency Symptoms

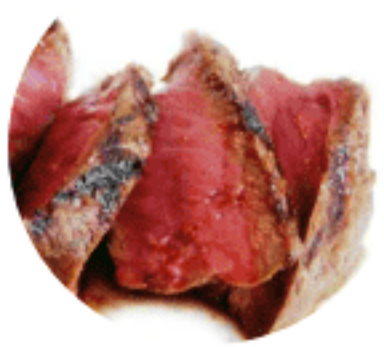
- Poor vision and dry irritable eyes
- Dry hair, dry mouth and dry and itchy skin
- Fatigue and diarrhea



Toxicity Symptoms

- Blurred vision, nausea and vomiting
- Headaches, drowsiness changes in alertness or consciousness
- Joint pain or swelling

Vitamin A: Top Natural Sources



Liver (Veal, Beef, Pork)
3.5 oz: 813% of DV



Carrots
3.5 oz: 104% of DV



Sweet Potato
3.5 oz: 89% of DV



Mustard Greens
3.5 oz: 77% of DV



Lambsquarters
3.5 oz: 73% of DV



Kale
3.5 oz: 63% of DV



Spinach
3.5 oz: 59% of DV



Turnip
3.5 oz: 48% of DV

2. Vitamin B6

DRI: Males 1.3-1.7 mg; Females 1.2-1.5 mg/Pregnant 1.9 mg/BF 2.0 mg

The health benefits of Vitamin B6 are many and include stimulating co-enzymatic activities, protecting the immune system, hormone control and normal metabolism. Vitamin B6 can also help in the prevention and treatment of premenstrual syndrome, emotional disorders, skin conditions, cardiac diseases, kidney disorders, carpal tunnel syndrome, multiple sclerosis, anemia, arthritis and influenza.

Vitamin B6: Key Facts



Health Benefits

- Helps prevent formation of kidney stones
- Helps cure depression and reduces the risk of heart attack
- Decreases severity and frequency of asthma attacks



Deficiency Symptoms

- Anemia, headaches and seizures
- Confusion, nausea, dizziness and vomiting
- Muscle pains, dry skin, sore tongue and cracks on mouth



Toxicity Symptoms

- Nerve disorders
- Headaches and pain, and numbness
- Severe fatigue and difficulty walking

Vitamin B6: Natural Sources



Pistachios
3.5 oz: 131% of DV



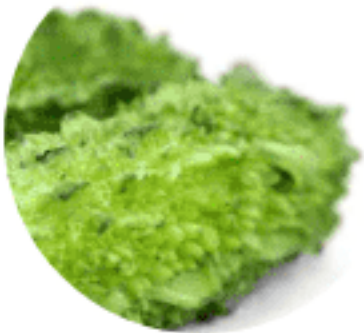
Seeds (Sunflower & Sesame)
3.5 oz: 103% of DV



Garlic
3.5 oz: 95% of DV



Drumstick Leaves
3.5 oz: 92% of DV



Balsam Pear
3.5 oz: 48% of DV



Poultry
3.5 oz: 46% of DV



Fish
3.5 oz: 38% of DV



Red Meat (Beef, Pork & Lamb)
3.5 oz: 29% of DV



3. Vitamin B12

DRI: Males 2.4 mcg; Females 2.4 mcg/Pregnant 2.6 mcg/BF 2.8 mcg

Vitamin B12 plays a very important role in human health. It's needed for the DNA synthesis and the formation of new cells including the red blood cells. It also plays a critical role in the metabolism of carbohydrates, fats and protein, and is essential for a healthy nervous system.

Vitamin B12: Key Facts



Health Benefits

- Helps you to get a good night's sleep
- It plays a role in the regulation of the nervous system
- Reduces the risk of depression and stress
- Helps prevent Alzheimer's disease



Deficiency Symptoms

- Low energy, fatigue, anemia and headaches
- Nerve disorders, depression and mood swings
- Constipation, digestive disorders and palpitations



Toxicity Symptoms

- Generally not toxic
- Rarely skin irritations and special form of acne
- Occasionally nausea and vomiting as a result of very high doses

Vitamin B12: Natural Sources



Clams

3.5 oz: 1648% of DV



Liver (Beef, Pork & Lamb)

3.5 oz: 1083% of DV



Octopus

3.5 oz: 510% of DV



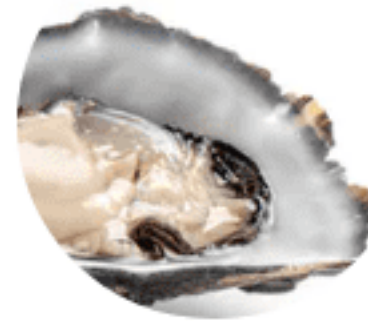
Mussels

3.5 oz: 400% of DV



Liver (Poultry)

3.5 oz: 281% of DV



Oysters

3.5 oz: 260% of DV



Sockeye Salmon

3.5 oz: 95% of DV



Crab

3.5 oz: 55% of DV

A glass of orange juice with a lemon slice on the rim, surrounded by fresh lemons and orange slices on a textured surface.

4. Vitamin C

DRI: Males 90 mg; Females 75 mg/Pregnant 85 mg/BF 120 mg

Vitamin C is important for the protection of the immune system, and for the prevention of cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling. Vitamin C is a powerful antioxidant that takes part in the biosynthesis of collagen, carnitine and catecholamine.

Vitamin C: Key Facts



Health Benefits

- Helps prevent cardiovascular diseases
- Protects against immune system deficiencies
- Prevents eye diseases and skin wrinkling



Deficiency Symptoms

- Swollen and bleeding gums
- Easy bruising, slow wound healing and susceptibility to infections
- Dry and flaky skin



Toxicity Symptoms

- Generally considered non-toxic
- Headaches, drowsiness, nausea and vomiting
- Abdominal problems and diarrhea

Vitamin C: Natural Sources



Acerola

3.5 oz: 2796% of DV



Peppers

3.5 oz: 404% of DV



Guava

3.5 oz: 380% of DV



Kale

3.5 oz: 200% of DV



Kiwi

3.5 oz: 154% of DV



Broccoli

3.5 oz: 148% of DV



Litchis

3.5 oz: 119% of DV



Cauliflower

3.5 oz: 80% of DV

The background of the slide is a photograph of a meal. A dark blue plate sits on a light-colored wooden cutting board. On the plate is a sunny-side-up fried egg. To the left of the plate, on a textured beige surface, are three small red cherry tomatoes. A silver fork is positioned to the right of the plate. The overall lighting is soft and natural.

5. Vitamin D

DRI: Males 90 mcg; Females 75 mcg/Pregnant 15 mcg/BF 15 mcg

Vitamin D is essential for the maintenance of bone mineralization through the regulation of calcium and phosphorus homeostasis. Vitamin D exhibits many non-skeletal effects, particularly on the immune, endocrine and cardiovascular systems.



Vitamin D: Key Facts



Health Benefits

- Fights infections including cold and the flu
- Helps build strong bones and muscle strength
- Lowers the risk of heart failure



Deficiency Symptoms

- Chronic fatigue and tiredness
- Getting sick or infected often
- Depression, bone and muscle pain, and hair loss



Toxicity Symptoms

- Buildup of calcium in your blood (hypercalcemia)
- Headaches, nausea and vomiting
- Liver and kidney damage

Vitamin D: Natural Sources



Sun Exposure

10 min-60 min (mid-day summer)
to produce enough Vit. D



Mackerel

3.5 oz: 251% of DV



Salmon

3.5 oz: 131% of DV



Sardines

3.5 oz: 48% of DV



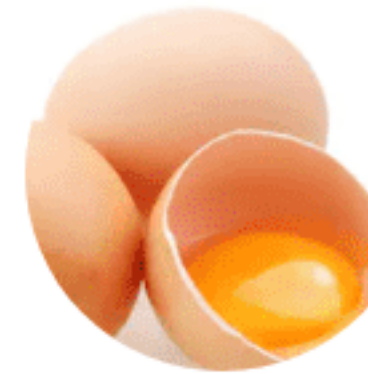
Tuna

3.5 oz: 45% of DV



Morel Mushrooms

3.5 oz: 34% of DV



Eggs

3.5 oz: 21% of DV



Milk

3.5 oz: 12% of DV



6. Vitamin E

DRI: Males 15 mg; Females 15 mg/Pregnant 15 mg/BF 19 mg

Vitamin E is necessary for structural and functional maintenance and integrity of skeletal, cardiac and smooth muscle. It also assists in the formation of red blood cells and helps to maintain stores of vitamins A and K, iron, and selenium.



Vitamin E: Key Facts



Health Benefits

- Helps prevent cancer and heart diseases
- Plays a role in preventing strokes and cataracts
- Fights diabetes and Alzheimer's disease



Deficiency Symptoms

- Muscular weakness, leg cramps and poor balance
- Anemia and weakened immune system
- Vision problems and abnormal eye movement



Toxicity Symptoms

- Generally non-toxic
- Muscle weakness and fatigue
- Upset stomach and diarrhea

Vitamin E: Top Natural Sources



Sunflower Seeds
3.5 oz: 234% of DV



Almonds
3.5 oz: 175% of DV



Hazelnuts
3.5 oz: 100% of DV



Pine Nuts
3.5 oz: 62% of DV



Peanuts
3.5 oz: 44% of DV



Brazil Nuts
3.5 oz: 38% of DV



Dried Apricots
3.5 oz: 22% of DV



Avocado
3.5 oz: 14% of DV



7. Vitamin K

DRI: Males 120 mcg; Females 90 mcg/Pregnant 90 mcg/BF 90 mcg

Vitamin K plays a major role in blood clotting, bone metabolism and the regulation of blood calcium levels. It is absorbed in the small intestine and stored in fatty tissue and the liver. Vitamin K is utilized by the liver in the production of prothrombin (clotting factor).



Vitamin K: Key Facts



Health Benefits

- Helps prevent coronary artery disease and heart failure
- Fights Alzheimer's disease
- Helps prevent cancer



Deficiency Symptoms

- Easy bruising and gum, and nose bleeding
- Anemia, osteoporosis and Alzheimer's disease
- Stomach pain and weakness



Toxicity Symptoms

- Generally non-toxic
- Fatigue or jaundice
- Liver damage and hemolytic anemia in infants

Vitamin K: Natural Sources



Amaranth
3.5 oz: 1425% of DV



Dandelion Greens
3.5 oz: 698% of DV



Kale
3.5 oz: 671% of DV



Beet Greens
3.5 oz: 605% of DV



Mustard Greens
3.5 oz: 564% of DV



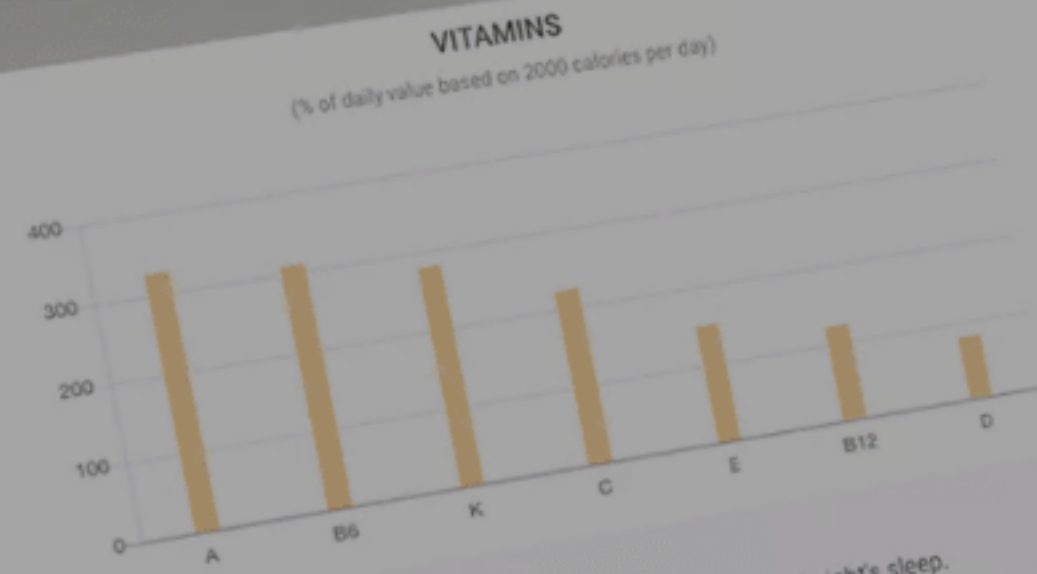
Cress
3.5 oz: 516% of DV



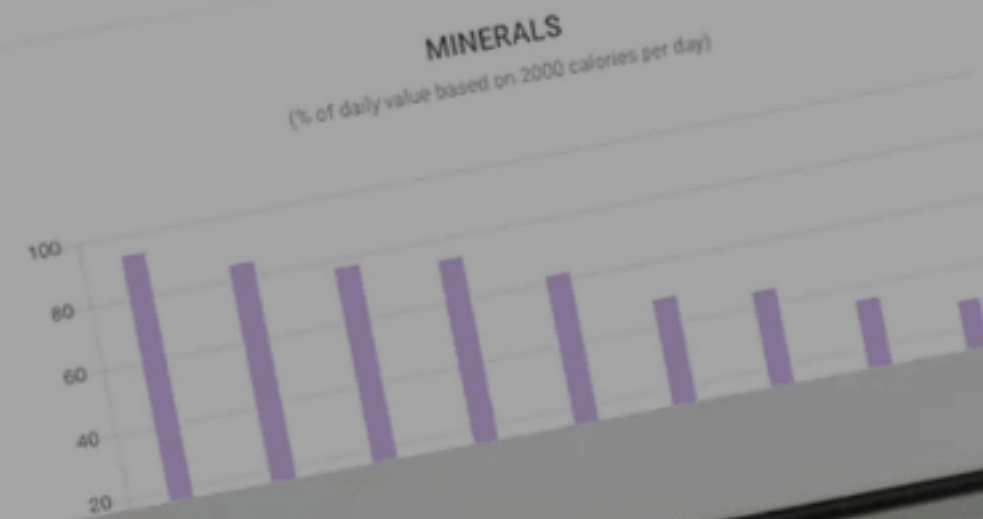
Spinach
3.5 oz: 460% of DV



Chard
3.5 oz: 312% of DV



Low intake of Vitamin B12
Helps prevent Alzheimer's disease; Helps you to get a good night's sleep.



Eliminate Vitamin and Mineral Deficiencies
Track nutrient intake and find out what's missing from your diet

8. Calcium (Ca)

DRI: Males 1000-1200 mg; Females 1000-1200 mg/Pregnant & BF 1000 mg

Calcium is an essential mineral for healthy bones, gums and teeth. It strengthens the backbone and ensures the right shape to the body, as well as helping to alleviate the presence of back pain. It helps to keep the bones in their proper shape and prevents health problems such as arthritis and osteoporosis.



Calcium: Key Facts



Health Benefits

- Helps you build strong bones
- Helps you keep slim and trim
- Helps prevent cancer



Deficiency Symptoms

- Muscle cramps, frequent fractures and bone breakage
- Dry itchy skin, tooth decay and brittle nails
- Insomnia, weakness and fatigue



Toxicity Symptoms

- Generally non-toxic
- Headaches, confusion, depression and arteriosclerosis
- Kidney stones, gall stones, slow metabolism, constipation,

Calcium: Natural Sources



Sesame Seeds
3.5 oz: 97% of DV



Chia
3.5 oz: 63% of DV



Lamb's quarters
3.5 oz: 31% of DV



Almonds
3.5 oz: 26% of DV



Flax seeds
3.5 oz: 26% of DV



Collards
3.5 oz: 23% of DV



Amaranth
3.5 oz: 16% of DV



Kale
3.5 oz: 15% of DV



9. Copper (Cu)

DRI: Males 900 mcg; Females 900 mcg/Pregnant 1000 mcg/BF 1300 mcg

Copper keeps you looking young! It helps in protecting against graying of the hair, it maintains the color of your eyes and is essential, along with zinc, in keeping your eyes beautifully colored into an old age. Copper is also helpful in the protection of the skeletal, nervous and cardiovascular systems.



Copper: Key Facts



Health Benefits

- Reduces the symptoms of arthritis
- Helps balance blood cholesterol levels
- Essential for normal growth and health; Stimulates the brain



Deficiency Symptoms

- Anemia, fatigue and tiredness
- Thinning, weak hair and poor skin quality
- Slow growth and inability of the body to produce collagen



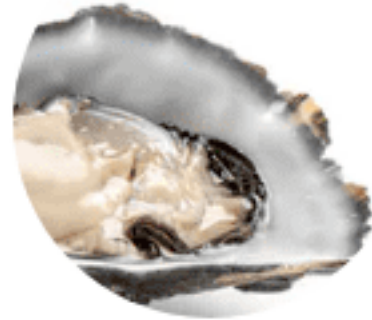
Toxicity Symptoms

- Chronic exposure can damage the liver and kidneys
- Acne, allergies, hair loss, chronic infections
- Anxiety, depression, insomnia and hypertension

Copper: Natural Sources



Liver (Veal, Beef, Pork)
3.5 oz: 714% of DV



Oysters
3.5 oz: 223% of DV



Seeds (Sesame, Pumpkin)
3.5 oz: 204% of DV



Cashews
3.5 oz: 110% of DV



Brazil Nuts
3.5 oz: 87% of DV



Hazelnuts
3.5 oz: 86% of DV



Lobster
3.5 oz: 83% of DV



Kale
3.5 oz: 14% of DV

A top-down view of a meal featuring a large plate of steamed clams in a light-colored broth, garnished with green herbs and red peppers. A hard-boiled egg is placed on the plate. Beside the plate is a piece of crusty bread. To the left, a silver fork and spoon rest on a blue and white striped napkin. The background is a dark, textured surface.

10. Iron (Fe)

DRI: Males 8 mg; Females 8-18 mg/Pregnant 27 mg/BF 9 mg

One of the most important health benefits of iron is its role in the formation of hemoglobin. It also plays a key role in strengthening the immune system by making it strong enough to fight off infections. Iron also builds concentration, treats insomnia and regulates body temperature.



Iron: Key Facts



Health Benefits

- Aids in transporting oxygen to the body cells
- A vital element for muscle health
- Important in regulating body temperature and plays a key role in providing strength to the immune system



Deficiency Symptoms

- Anemia, chronic fatigue and weakness
- Headaches, dizziness and nervousness
- Thinning hair and cracked lips or tongue



Toxicity Symptoms

- Vomiting, abdominal pain, diarrhea
- Palpitations, low blood pressure and rapid breathing
- Fever and seizures

Iron: Natural Sources



Liver (Beef, Pork, Lamb)
3.5 oz: 177% of DV



Clams
3.5 oz: 155% of DV



Octopus
3.5 oz: 120% of DV



Seeds (Sesame, Pumpkin)
3.5 oz: 112% of DV



Morel Mushrooms
3.5 oz: 94% of DV



Cattlefish
3.5 oz: 60% of DV



Oysters
3.5 oz: 37% of DV



Seaweed
3.5 oz: 28% of DV



12. Magnesium (Mg)

DRI: Males 400-420 mg; Females 310-320 mg/Pregnant 360 mg/BF 320 mg

Magnesium supports the existence of a healthy immune system and keeps bones strong. It helps in regulating blood sugar levels and also supports energy metabolism and protein synthesis. It has a positive effect on the treatment of disorders such as cardiovascular disease, hypertension and diabetes.

Magnesium: Key Facts



Health Benefits

- Helps for the proper digestion proteins, carbohydrates, and fats
- Relaxes the nervous system and helps you sleep better
- Helps you to build bigger and stronger muscles



Deficiency Symptoms

- Confusion, muscle spasms and palpitations
- Anxiety, depression and insomnia
- Poor appetite, nausea and vomiting



Toxicity Symptoms

- Upset stomach and diarrhea
- Nausea, drowsiness and vomiting
- Arrhythmia, difficulty breathing and extremely low blood pressure

Magnesium: Natural Sources



Seeds (Sesame, Pumpkin)
3.5 oz: 155% of DV



Flaxseeds
3.5 oz: 110% of DV



Brazil Nuts
3.5 oz: 106% of DV



Chia
3.5 oz: 94% of DV



Cashews
3.5 oz: 82% of DV



Almonds
3.5 oz: 75% of DV



Pine Nuts
3.5 oz: 71% of DV



Soy Nuts
3.5 oz: 57% of DV

A close-up photograph of several walnuts with their characteristic wrinkled, brown shells, resting on a wooden surface. The lighting is warm, highlighting the texture of the shells.

13. Manganese (Mn)

DRI: Males 2.3 mg; Females 1.8 mg/Pregnant 2.0 mg/BF 2.6 mg

Manganese is a powerful antioxidant that seeks out the free radicals in the human body and neutralizes them. These free radicals are capable of damaging human cells and causing cancer and other devastating diseases. Manganese helps in controlling the blood sugar levels and may further prevent the occurrence of certain diseases like diabetes.

Manganese: Key Facts



Health Benefits

- Essential for healthy bones
- Controls the level of sugar in the blood
- Helps regulate the body's metabolism



Deficiency Symptoms

- Weakness, low immunity and frequently getting sick
- Iron-deficiency anemia and high blood sugar levels
- Weak hair, brittle nails and poor skin quality



Toxicity Symptoms

- Generally non-toxic
- Irritability, aggressiveness, and hallucinations
- Symptoms similar to those of Parkinson's disease including tremors, facial muscle spasms and difficulty walking

Manganese: Natural Sources



Wheat Bran

3.5 oz: 575% of DV



Teff

3.5 oz: 462% of DV



Pine Nuts

3.5 oz: 419% of DV



Mussels

3.5 oz: 340% of DV



Hazelnuts

3.5 oz: 309% of DV



Pecans

3.5 oz: 214% of DV



Pumpkin Seeds

3.5 oz: 214% of DV



Macadamia Nuts

3.5 oz: 195% of DV

14. Phosphorus (P)

DRI: Males 700 mg; Females 700 mg/Pregnant 700 mg/BF 700 mg

Phosphorus along with calcium is essential for maintaining bone health. This mineral lays the foundation of a strong skeletal structure to ensure health and functional living. Phosphorus also plays an important role in facilitating effective digestion in the human body. It stimulates the digestion of riboflavin and niacin in an efficient way and directly clears up indigestion.

Phosphorus: Key Facts



Health Benefits

- A vital part of the body growth process
- Helps provide effective digestion
- Releases minor health problems like muscle weakness, numbness and fatigue



Deficiency Symptoms

- Fatigue, muscle weakness and anemia
- Bone pain and poor bone formation, and growth
- Loss of appetite and changes to weight



Toxicity Symptoms

- Increased risk of cardiovascular disease
- Nausea, vomiting, and diarrhea
- Joint pain, muscle pain, and muscle weakness

Phosphorus: Natural Sources



Pumpkin Seeds
3.5 oz: 168% of DV



Chia
3.5 oz: 123% of DV



Flaxseed
3.5 oz: 92% of DV



Pine Nuts
3.5 oz: 82% of DV



Brazil Nuts
3.5 oz: 73% of DV



Soy Nuts
3.5 oz: 65% of DV



Liver (Beef, Pork, Lamb)
3.5 oz: 50% of DV



Fish
3.5 oz: 26% of DV



15. Potassium (K)

DRI: Males 4.7 g; Females 4.7 g/Pregnant 4.7 g/BF 5.1 g

Potassium is a mineral and electrolyte that is essential for the muscles to work properly throughout the body, especially the heart. Potassium plays a key role in keeping brain function at a normal level and is of great importance in preventing the occurrence of stroke.



Potassium: Key Facts



Health Benefits

- Plays an important role in the process of keeping brain function normal
- Helps reduce the risk of heart diseases and hypertension
- Helps prevent muscle cramps



Deficiency Symptoms

- Elevated cholesterol, palpitations and muscle spasms
- Abdominal cramping, bloating and diarrhea
- Depression, confusion and insomnia



Toxicity Symptoms

- Abnormal heart rhythm and heart failure
- Stomach cramps, diarrhea and vomiting
- Irritability and fatigue.

Potassium: Natural Sources



Soy Nuts

3.5 oz: 39% of DV



Dried Fruit (Apricots, Peaches)

3.5 oz: 33% of DV



Beet Greens

3.5 oz: 26% of DV



Pistachios

3.5 oz: 22% of DV



Pumpkin Seeds

3.5 oz: 17% of DV



Yam

3.5 oz: 17% of DV



Flaxseed

3.5 oz: 17% of DV



Bananas

3.5 oz: 8% of DV

16. Selenium (Se)

DRI: Males 50 mcg; Females 50 mcg/Pregnant 60 mcg/BF 70 mcg

Selenium boosts the immune system by stimulating antibodies, which can seek out and destroy foreign bodies that can cause diseases and infections. It has been found to be an essential part in the body's response to cancerous activity. Normal selenium intake can result in a serious decrease in cancerous cell formation, especially in regards to prostate, colorectal and lung cancers.



Selenium: Key Facts



Health Benefits

- Important for the stimulation of antibodies - fights cancer
- A powerful booster of heart health
- Helps the regulation of hormones in the body



Deficiency Symptoms

- Constant tiredness, fatigue and muscle weakness
- Brain fog, confusion and difficulty concentrating
- Reproductive problems and hypothyroidism



Toxicity Symptoms

- Fatigue, irritability, upset stomach, nausea and vomiting
- Brittle hair and nails, hair loss and dermatitis
- "Garlic breath", metallic taste in mouth, liver and kidney damage and jaundice

Selenium: Natural Sources



Brazil Nuts

3.5 oz: 2739% of DV



Mussels

3.5 oz: 128% of DV



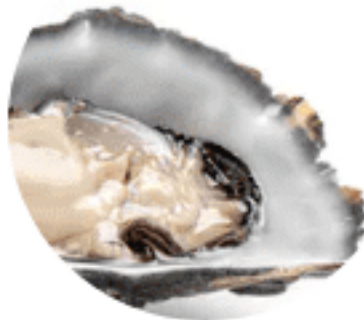
Octopus

3.5 oz: 128% of DV



Liver (Poultry)

3.5 oz: 118% of DV



Oysters

3.5 oz: 91% of DV



Fish

3.5 oz: 67% of DV



Lobster

3.5 oz: 59% of DV



Organ Meat (Veal, Beef, Pork)

3.5 oz: 52% of DV

The background of the slide features a close-up photograph of autumn leaves in shades of red, orange, and yellow. In the foreground, a white ceramic bowl is filled with light-colored, sliced almonds, with many more almonds scattered on the surface around the bowl. The overall lighting is soft and warm, typical of indoor autumn-themed photography.

17. Zinc (Zn)

DRI: Males 11 mg; Females 8 mg/Pregnant 11 mg/BF 12 mg

Zinc is involved in collagen synthesis and can be an effective remedy for curing pimples and acne. Zinc is also very important in dealing with prostate disorders. Its deficiency causes enlargement of the prostate gland, which in turn makes it vulnerable to cancer.

Zinc: Key Facts



Health Benefits

- One of the most important nutrients for infants and new mothers
- Plays a leading role in weight loss
- Important for eliminating acne and helps in treating prostate disorders



Deficiency Symptoms

- Foggy thinking, poor appetite, weight loss, and frequent illness
- Hair loss, hang nails and loss of senses of taste or smell
- Eczema, psoriasis and acne



Toxicity Symptoms

- Upset stomach, nausea and vomiting
- Fatigue, chills, fever and changes in alertness and coordination
- Weakened immune system and higher risk of infections

Zinc: Natural Sources



Oysters

3.5 oz: 605% of DV



Seeds (Pumpkin, Sesame)

3.5 oz: 80% of DV



Pine Nuts

3.5 oz: 67% of DV



Red Meat (Beef, Pork, Lamb)

3.5 oz: 66% of DV



Cashews

3.5 oz: 61% of DV



Poultry (Organ Meats)

3.5 oz: 27% of DV



Crab

3.5 oz: 24% of DV



Lobster

3.5 oz: 20% of DV

Stay on the Top of Your Game

Track carbohydrates, healthy fats, lean protein and electrolytes



A still life photograph of olive oil and olives on a wooden table. In the background, a glass bottle of olive oil sits on a wooden surface. In the foreground, a white plate is filled with green olives. Sprigs of fresh rosemary are scattered around the plate and bottle. The entire scene is set against a dark, textured background.

II. Choose Good Fats Over Bad Fats

Not all fats are created equal. Some like mono and poly-unsaturated fats can provide many benefits to you whereas others like saturated and trans-unsaturated fats could be detrimental to many aspects of your health.

Fats Overview



Good Fats

- **Monounsaturated fatty acids (MUFA):** These fats are liquid at room temperature and are also known as Omega-9 fatty acids. The most known are oleic acid found in olive oil and erucic acid found in rapeseed (canola oil), wallflower seed, and mustard seed. According to research studies, MUFA offer valuable health benefits protecting against metabolic syndrome and cardiovascular disease.
- **Polyunsaturated fatty acids (PUFA):** There are two main types - Omega-3 and Omega-6. PUFA are liquid at room temperature. Various studies have shown that replacement of saturated fatty acids with PUFA, particularly of the omega-3 type, can lead to a lower risk of developing cardiovascular disease (CVD).



Bad Fats

- **Saturated fatty acids (SFA):** SFA are solid at room temperature. According to research they raise LDL ("bad") cholesterol, which is a risk factor for developing coronary artery disease and stroke. Studies have shown that saturated fat in the diet, regardless of its type, is associated with an increased risk of heart disease.
- **Trans fatty acids:** Although occurring naturally in nature, trans fats have been widely produced industrially from vegetable oils through the process of hydrogenation. Trans fats are solid at room temperature and have been consistently associated with a number of health risks including coronary artery disease (CAD), diabetes, obesity, Alzheimer's disease, cancer and depression.

Meat



GOOD

Fish: Low in SFA & good source of Omega-3



BAD

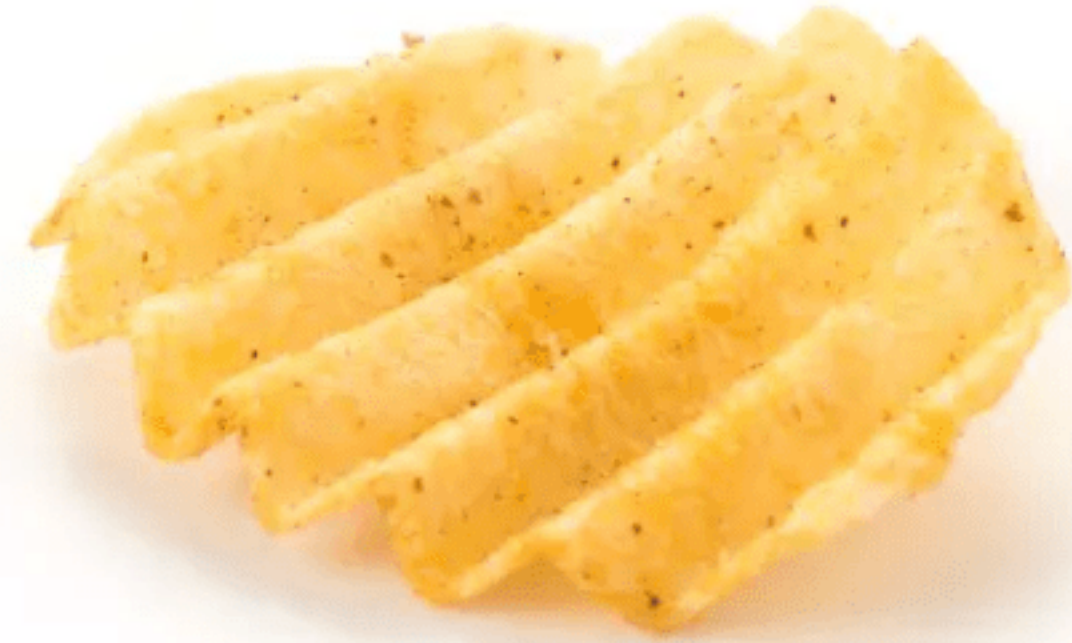
Red Meat: High SFA content

Snacks/Desserts



GOOD

Nuts: Low in SFA & rich in MUFA & PUFA



BAD

Packaged Snack Foods & Desserts:
High trans fat content

Cooking



GOOD

Olive Oil: Relatively low SFA;
Contains good level of MUFA & PUFA



BAD

Margarine, Butter and Shortening:
High trans fat and SFA content

The background of the slide is a dense, close-up shot of numerous small, round, candy-coated pills in various colors including red, blue, yellow, green, pink, and white. The pills are scattered across the entire frame, creating a vibrant, textured background. Two solid magenta rectangular blocks are positioned on the left and right sides of the slide, partially overlapping the pill background.

III. Avoid Added Sugar

Consuming foods rich in added sugar can affect your health and weight in many different ways. Refined sugars are not only known to spike your insulin levels making it impossible to burn fat, but also to raise your risk of developing cancer by promoting the growth of cancer cells.

Top 8 Added Sugar Foods



Soda

1 can/12 fl oz: 9.5 tsp. of sugar



Ice Tea & Juice

12 fl oz: 8.3 tsp. of sugar



Candy

1.4 oz: 7.25 tsp. of sugar



Energy drinks

1 can/8.4 fl oz: 6.5 tsp. of sugar



Muffins/Cupcakes

1 muffin: 5.5 tsp. of sugar



Sweetened Cereals

1 cup/1.25 oz: 4 tsp. of sugar



Ice Cream & Frozen Yogurt

1/2 cup/2.3 oz: 3.5 tsp. of sugar



Granola/Energy Bars

1 bar/1.25 oz: 1.5 tsp. of sugar

IV. Limit Sodium

Sodium is an essential nutrient that helps control your body's fluid balance. High sodium intake can have a negative effect on your heart health. An extra sodium in your bloodstream results in more water being pulled into your blood vessels. This increases the volume of blood inside your blood vessels causing an increase in blood pressure. Uncontrolled blood pressure raises the risk of cardiovascular disease, congestive heart failure and kidney disease.

Top 8 Sodium Foods



Salt

3.5 oz: 1614% of DV



Instant Soups

3.5 oz: 345% of DV



Salted Nuts

3.5 oz: 110% of DV



Cured Meat/Fish

3.5 oz: 91% of DV



Cheese

3.5 oz: 75% of DV



Salty Snacks

3.5 oz: 70% of DV



Soy Sauce

1 tbsp.: 51% of DV



Pickles

3.5 oz: 50% of DV

The background of the slide is a photograph of various baked goods, including a large croissant, several slices of bread, and some muffins, arranged on a wooden surface. Two solid magenta rectangular shapes are positioned on the left and right sides of the slide, partially overlapping the text area.

V. Swap Bad Carbs for Good Carbs

When it comes to health, some carbohydrates are better than others. Making smart choices by swapping bad carbs for good carbs can have a positive impact on your health and waistline. A good tool for finding good carbs is the glycemic index (GI), which measures how much a certain food increases the blood sugar levels. Your aim should be to choose foods that fall in the low GI category (55 or less) instead of those in the high GI category (70 and above), and use caution with those that fall in between.

Low GI (up to 55)	Medium GI (56-69)	High GI (70+)
Breads: Multi grain, Stone ground whole wheat, Pumpernickel	Breads: Pita, Rye-flour, Whole meal	Breads: French Baguette, White bread, White rolls, White bagel (plain)
Cereals: All-Bran, Porridge (non instant), Oat bran	Cereals: Muesli, Oatmeal, Shredded wheat	Cereals: Bran flakes, Rice Krispies, Corn flakes
Bakery Products: Pound cake, Vanilla cake	Bakery Products: Danish pastry, Muffin (unsweetened), Cake (angel), Croissant	Bakery Products: Waffles, Doughnuts
Cereal Grains: Pearl barley, Rye, Barley (cracked), Rice (parboiled or instant)	Cereal Grains: Rice (wild, white, brown), Barley flakes, Taco shell	Cereal Grains: Millet, Short-grain rice
Fruit & Vegetables: Cherries, Grapefruit, Grapes, Bananas and most vegetables	Fruit: Mangoes, Apricots, Raisins, Pineapple, Potato (boiled, steamed or mashed), Beetroot	Fruit: Watermelon, Carrots, Dates, Potato (baked, instant), Broad beans

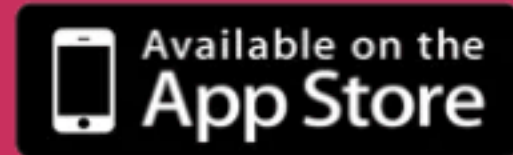


Resources

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9. Inlivo Database: *Food, Nutrition and Health Benefits*, released October 13 2017
10. Patty W. Siri-Tarino; Sally Chiu; Nathalie Bergeron; and Ronald Krauss: *Saturated Fats Versus Polyunsaturated Fats Versus Carbohydrates for Cardiovascular Disease Prevention and Treatment*

A woman with long dark hair, wearing a plaid shirt, is sitting and smiling while looking at a laptop. She has sunglasses on her head. In the background, there is a white shelf with books, a camera, and a small potted plant. In the foreground, there are several red apples on a wooden surface.

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