

# *VillaMartelli* **HEALTHY EATING GUIDE**

## **GEN RULE: EAT MORE PROTEIN AND COMPLEX CARBOHYDRATES/VEGETABLES, GOOD FRUITS, AND ALMOST NO SWEETS AND SIMPLE CARBOHYDRATES**

- Get GLYCEMIC INDEX (google.com search)
  - Avoid High Glycemic Index (Sugar Conversion) Foods

## **GOOD PROTEIN**

- Shrimp
- Salmon
- Tuna
- Flounder (and most finned fish)
- Chicken and Turkey
- Filet (2 - 3.5 oz filets for \$5.00 at WalMart)
- Sirloin
- RibEye
- Scallops
- Squid
- Hard Cheeses
- Lean Pork Chops?
- Red Sauce is Good (coctail for shrimp, tomato based for meats, etc.)

## **GOOD BREAKFAST PROTEIN**

- Tuna
- Egg White Omelet, Sunny Side, Soft boiled (runny yolks only)
- Yogurt (low sugar or naturally sweetened)
- Canadian Bacon or other Lean Ham or Turkey Han
- Turkey Sausages
- Cottage Cheese
- Oatmeal, Cheerios? (sort of), without sugar (use Splenda, fructose...)
- High-fiber cereal, fresh fruit, and skim milk
- Whole-wheat or whole grain toast & peanut butter

## **GOOD VEGETABLES**

- Broccoli
- Red and Orange and Green Peppers
- Tomatoes
- Asparagus and Brussel Sprouts
- Lima Beans
- Cauliflower
- Green Beans
- Celery
- Sweet Potatoes
- Green Leafy Salads

## **GOOD FRUITS** (unsweetened, raw)

- Red Grapefruit, Oranges, Tangerines, etc.
- Apples
- Melons
- Bananas (limited)
- Kiwi, Pineapple
- Prunes (For Cleaning out, esp if you slip and splurge on junk food)

## **GOOD SUPPLEMENTS**

- Chromium (Glucose Tolerance Factor)
- L-Carnitine
- Antioxidants (E (mixed tocopherals); Alpha Lipoic Acid: Grapeseed Extract; Green Tea Extract; Vitamin C, etc.)
- Cinnamon (without sugar)
- Tea (esp. Green Tea)
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## **BEST TIMES TO EAT**

- **BREAKFAST** sets daily metabolic rate.
  - Eat protein, Avoid carbohydrates & caffeine & sugar drinks...
- Eat Earlier in the Day and Avoid Eating After 6pm
- Eat Only fiber, protein, complex vegetables/ fruits if you must snack

## **DRINKS**

- Iced Tea is good (Use Splenda)
- Water (esp. mineral, spring)
- Regular Pepsi's and Cokes are BAD!!!!
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## **GOOD SUGAR SUBSTITUTE**

- Splenda (Sucralose) is Best
- Fructose

## **BAD, BAD, BAD**

- Sugar and Corn Syrup Sweeteners
- Sugar and Corn Syrups in Foods
- Pastries and Sweets (donuts, cake, cookies, etc.)
- White Breads or Rolls or White Potatoes
- Pizza...
- Potato Chips and other Junk Foods
- Raisins
- Smoking anything, anytime
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## **GOOD, GOOD, GOOD**

- Mild to Moderate Exercise, 3 - 4 Times a Week
- Lots of Water
- Less versus More Food