

F.A.D. DIET NOT FAD DIET

FAVORABLE ANTI-INFLAMMATORY DIET

- ✗ What does an anti-inflammatory diet look like?
- ✗ A body in balance: hydrated, nourished and relaxed

WHOLE FOODS, AND NOT THE STORE

- ✗ Make portable snacks: bananas, nuts, hardboiled eggs, avocados, sweet potatoes, carrots, celery, etc
- ✗ Eat the rainbow, in every food group
- ✗ Cheap protein: eggs, nut butters, beans
- ✗ The New Food Pyramid is a Plate



FATS

- ✘ Monounsaturated fats: peanuts, avocado, olives
- ✘ Polyunsaturated fats: safflower, sunflower, soybean and corn oils; fatty fish
- ✘ Saturated fats: coconut oil, butter, dairy
- ✘ Trans-fats: partially hydrogenated oils, processed foods: Omega-6/Omega-3 ratio

MINIMALLY PROCESSED FOODS

- ✖ Sugar: honey, maple syrup vs. refined sugar
- ✖ Breads: least amount of ingredients
- ✖ Yogurt: add your own fruit and sweetener
- ✖ Salt: sea salt with minerals
- ✖ Oils: less refined
- ✖ Least amount of ingredients possible

EVERYONE SHOULD EAT LIKE A DIABETIC

- ✗ Control your blood sugar: protein/fat/fiber, at EVERY snack and meal

- ✗ Diabetic MyPlate



IDENTIFY WHAT WORKS FOR YOU

- ✗ Keep a food record of foods that bother you
- ✗ EVERYTHING in moderation, there is such a thing as too much of a good thing
- ✗ Enjoy your life, food is very personable