

OILS & HEALTHY FATS

EXTRA VIRGIN OLIVE OIL (1-2 tsp./meal)
Salad dressings, pasta, dips and low temperature cooking
AVOCADOS (1/2 avocado)
Replaces margarine on bread, makes a great dip, and great in a salad

NUTS & SEEDS (1 handful)
Add to salads, 'breads' meat, and packs as a snack.
Caution with salted nuts and mindless eating though (easy way to consume more calories than intended)

COCONUT OIL (1-2 tsp.)
The best oil for high temperature cooking

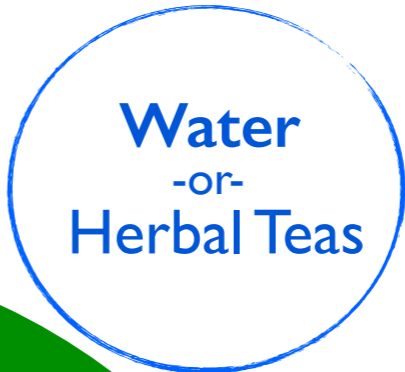
FISH
Fish is a good source of protein and essential fats.



WHERE'S THE DAIRY?

Dairy is rightfully touted as an excellent source of calcium, however people consuming a healthy and diverse diet of fish, vegetables, and legumes are just as likely to achieve an optimal calcium intake. Dairy is not essential to a healthy diet. If you are concerned about your bone health, consider eating more bok choy, beans, and fish with the skin on. But above all, speak with your qualified health provider about strategies for improving bone health and whether dairy is right for you.

THE HEALTHY PLATE



FRUIT

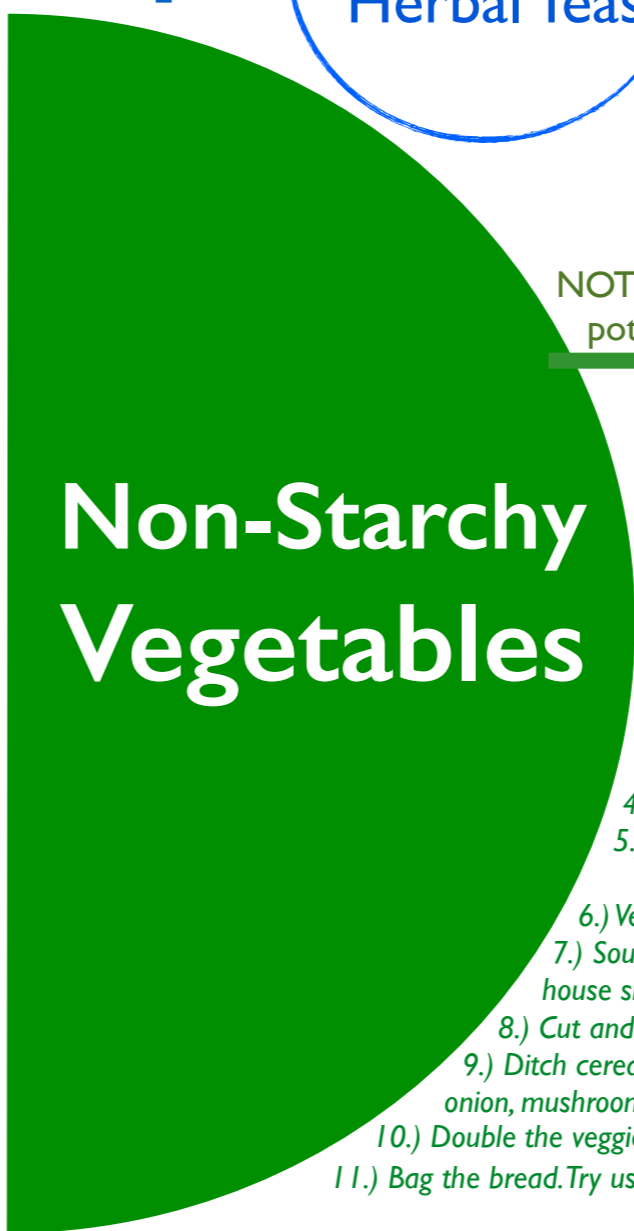
Not long ago fruit fell under the food group named fruit and vegetables. That then changed to Vegetables and Fruit to emphasize vegetables over fruit. Today that trend continues, with a healthy plate emphasizing vegetables and rarely mentioning fruit. Berries, citrus fruit, apples, peaches, and pears are essential parts of a healthy diet, but other more tropical fruit should be cautioned because of the high amount of sugar in them.

WHOLE GRAINS, WILD RICE, ROOT VEGETABLES

The typical North American Diet centres the majority of its meals on this food group, however a healthy diet will place more emphasis on vegetables and look to achieve a balance between protein, fat, and starch.



Starch



Non-Starchy Vegetables

NOTE: Root vegetables such as potatoes, sweet potatoes, & parsnips should be considered a starch

HEALTHY PROTEIN

Listed in Order of Protein Quality:

FISH Best when the fish is caught wild

Limit large predatory fish like tuna & swordfish

POULTRY & EGGS Best when the bird is free-range

WILD GAME When legally available

BEEF Best when the cow is grass-fed and free-range

OTHER SEAFOOD

LEGUMES, LENTILS, SOY, TEMPEH

HEALTHY MEAT TIPS:

- 1.) Avoid deep-frying meats
- 2.) When breading meat, bread with spices/nuts (not corn flakes)
- 3.) Eat less preserved meats (bacon, hot dogs, sausage, pepperoni, bologna)



Healthy Protein

POWER FOODS

DARK GREEN, BRIGHT ORANGE, RED

Vegetables don't have to be mundane! Jazz them up:

- 1.) Spice your carrots with parsley, your broccoli with thyme, and your brussels sprouts with nutmeg.
- 2.) Quit the boring salads! Add nuts, chives, avocado, fruit, goat cheese, meat, and flavour-infused olive oils to your leaves.
- 3.) Stirfrys don't have to be a meat party. Add sprouts, broccoli, zucchini, water chestnuts, and snap peas
- 4.) Check out the farmers' market for fresh, affordable veggies
- 5.) Cauliflower as rice. You heard it right! Cauliflower goes into a food processor and comes out like rice. Just cook for 5-6 mins.
- 6.) Vegetable blended sauces. A great way to hide spinach!
- 7.) Soups in a slowcooker. They cook while you're at work, make your house smell great, and warm the winter-weary.
- 8.) Cut and wash your veggies in advance. You'll be more likely to eat them
- 9.) Ditch cereal in the morning. How about an omelette with peppers, green onion, mushrooms, and spinach? Broccoli quiche? Vegetable soup for breakfast?
- 10.) Double the veggies in your soup, pasta, and casserole recipes.
- 11.) Bag the bread. Try using a lettuce or kale wrap instead of the flimsy Wonder bread

SEASONINGS & SPICES

Makes vegetables, meat, and starches more palatable. Use a variety of spices, but avoid using products that contain "natural flavours" or monosodium glutamate.

THIS IS NOT AN EXCUSE TO LOAD ON THE SALT!

ADVICE ON SALAD DRESSING

Store-bought salad dressings often have unhealthy oils, additives, MSG, and sugar as their main ingredients. Try making your own dressing:

- 1.) Start with the basics: olive oil and balsamic vinegar
- 2.) Blend in accessories flavours: raspberries, mustard with honey, or crumbled feta with oregano.
- 3.) ENJOY!

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