



The Do's and Don'ts of a Healthy Diet

New Year's resolutions are in full gear, and it is common for folks to add "eating healthier" to their list of changes. Adopting a healthy diet can seem overwhelming. But, with just a few easy dos and don'ts, you can easily fine tune your diet and achieve healthy living and wellness.

✓ DO'S

- ▶ **Eat a rainbow of fresh produce.** We know that eating a diet high in fresh, seasonal produce is the cornerstone to every healthy diet. It's also important to choose fruits and vegetables that provide an abundance of color. The color pigments found in plants have been shown to positively affect our body. Lycopene, beta-carotene, chlorophyll, and anthocyanidin are some of the more common pigments found in the produce we eat. They are powerful antioxidants and reduce the risk of cancer and heart disease.
- ▶ **Incorporate fermented foods or beverages into your daily diet.** Fermenting foods and beverages was common practice in nearly every traditional culture. Yogurt, kefir, sauerkraut, kimchi, and kombucha are examples of foods that are produced through fermentation. They are powerful sources of probiotics which helps keep the gut in harmony, suppress the overgrowth of bad bacteria, improve immune function, aid the body in assimilating nutrients, and rid the body of toxins.
- ▶ **Eat natural, wholesome food.** Foods that are considered whole foods are free from additives or other artificial substances and have been processed or refined as little as possible. Eating a diet that is composed of nutrient dense, whole foods helps clean up the body and decrease the risk of many chronic diseases. Fresh fruits and vegetables; naturally-raised meats, eggs, and dairy products; raw, organic nuts and seeds; wild caught fish and seafood; and traditional fats such as extra virgin olive oil, coconut oil, butter and animal fats are all whole foods that contribute to a healthy diet.

✗ DON'TS

- ▶ **Minimize/avoid processed sugars.** My first recommendation to people when discussing a healthy diet is to stop buying foods and beverages with high fructose corn syrup. It is also important to minimize consumption of white sugar which includes beet sugar. Instead use natural sweeteners in moderation such as raw honey or maple syrup.
- ▶ **Strictly avoid trans-fat or hydrogenated oils.** The worst fat to consume for your heart and overall health is trans-fat. Read the label and look for partially or fully hydrogenated oils in the ingredient list. If they are listed, then the product contains trans-fat. Main food sources are margarine and shortening and products made with these ingredients.
- ▶ **Ditch the processed, packaged foods.** Foods that have been heavily processed and put into a package are devoid of any nutrients and usually high in processed sugars, salts, and oils. Focus your meals around natural, whole foods. It is easier than you think to cook from scratch and turn your kitchen into a source of healthy, fast food.



RECIPE

Cauliflower Fried Rice

Ingredients

- 1 head cauliflower, outer leaves removed or 1 bag Earthbound Organic Riced Cauliflower
- 2 tablespoons coconut oil or olive oil
- 3 large eggs, beaten
- ½ cup finely chopped carrots
- 2 tablespoons finely chopped onion
- ½ cup chopped green beans or frozen peas
- ½ cup chopped baby bellas or shiitake mushrooms
- ¼ cup tamari
- ¼ cup thinly sliced green onions
- Salt
- ¼ cup fermented veggies (I like to add a little spice with kimchi or Cleveland Kraut's Gnar Gnar)

Directions

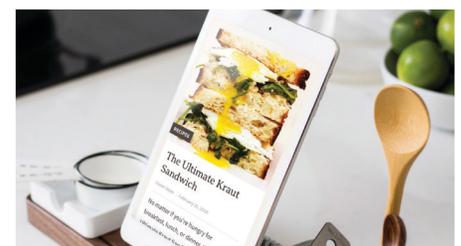
Break apart cauliflower into large florets. Chop the core into smaller pieces. Working in batches, add the cauliflower to a food processor and process for 30 seconds, stopping to mix in the larger pieces. Continue for 2 to 3 minutes until the cauliflower resembles small pieces of rice. Repeat with the remaining batches. Set aside.

In a large sauté pan over medium-low heat, add 1 tablespoon coconut oil. Pour in the whisked eggs, swirling them slightly to get a thin, even layer on the bottom of the pan. Continue to cook over medium-low until just cooked through. Slide the cooked eggs onto a cutting board and chop into a small dice. Set aside.

Raise the heat to medium-high and add the remaining tablespoon of coconut oil to the pan. Add the carrots and sauté for 4 to 5 minutes. Add the onion, green beans, and mushrooms and sauté for 5 minutes. Add the cauliflower rice and cook for an additional 5 minutes, stirring frequently until lightly browned and cooked through. Add the tamari and mix well for 1 minute.

Turn off the heat and add the cooked eggs and green onions. Mix well, add salt to taste, top with fermented veggies. Serve.

Serves: 4



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Apples



Mango



Mushrooms



Pears



Salmon



Cauliflower



Kraut



Broccoli



Whole Milk



Oranges



Kale



Eggs

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