

General Guidelines for a Healthy Balanced Diet

General

- Try to eat smaller more frequent meals throughout the day, with the first meal at least an hour upon waking.
- Eat as much fresh and whole foods whenever possible
- Avoid all processed foods including canned and packaged foods
- If necessary, try to use natural sweeteners like honey, pure maple syrup, molasses, or raw cane sugar instead of white or brown sugar or artificial sweeteners
- Use natural oils, vinegars, herbs and spices to season food instead of choosing MSG, high sugar and salt sauces, etc
- Cooking Methods:
 - Best: sauté in olive oil at low temperatures, steam, bake, stir-fry quickly at high temperature (Note: if stir-frying at temperatures above medium, use heat stable oils like coconut or grape seed)
 - Worst: high-fat deep fry, boil, barbeque, microwave

Fruit and Vegetables

- Eat at least 5-6 (up to 10) servings of fruit and vegetables every day
- Eat a variety of fresh fruits and vegetables, choosing a rainbow-like variety several times per week

Wheat and Grains

- Ensure all grains consumed are from whole grain sources
- Only consume wheat based products 1-2 times per day. Choose non-glutinous grains like brown rice, quinoa, buckwheat, etc.

Dairy

- Limit dairy consumption to 1 serving per day. Avoid fat-free or low-fat dairy as nutrients may be absorbed better in full fat versions
- Choose dairy alternatives like nut or rice milks. Limit soy based beverage consumption to a few times per week

Protein

- Consume only lean meats, poultry, and fish. Limit consumption of red meat
- Try to consume vegetarian based proteins such as tempeh, beans and peas, and nuts and seeds on a regular basis. Limit tofu consumption to only a few times per week
- Avoid “mystery meats” such as lunch meat, spam, hotdogs, fake meats, and tofu dogs
- Consume cold water fish at least three times per week:
 - salmon, mackerel, herring, cod, sardines
- Nuts and seeds should be raw, not roasted or salted, and kept in the freezer

Fats

- Limit saturated fats to less than 10% of daily calories and avoid trans fats
- Consume approximately 20-35% of daily calories in the form of good fats from polyunsaturated and monounsaturated fat sources such as fish, nuts, and vegetable oils (olive, grape seed, canola)
- Make your own salad dressings using raw extra virgin olive oil by adding different vinegars, spices, or lime juice, instead of buying premade salad dressings from the store
- Use modest amounts of butter instead of margarine and avoid cooking with corn and peanut oils

Beverages

- Be sure to drink 1.5-2 litres of water per day
- Avoid pop and juice with added or artificial sweeteners
- Limit amount of coffee and tea intake, enjoy herbal teas instead

An Ideal Day

Breakfast

- Whole oatmeal (not quick oats) made with almond milk with added sliced almonds, berries, and cinnamon, sweetened with honey

Lunch

- Leafy Green Salad with chicken, your choice of vegetables and nuts and seeds, olive oil and balsamic vinaigrette salad dressing

Dinner

- Baked salmon with brown rice and roasted vegetables

Snacks

- A piece of fruit and rice cakes with nut butter
- Fresh cut vegetables with humus