

Feel Good Diet Rules to Live By

The gut produces 95 percent of the body's mood-stabilizing neurotransmitter serotonin, and a healthy diet will optimize that process. You'll look your best when you feel your best! Food affects everything from our temperament to the clarity of our skin, but with a busy lifestyle, it can be difficult to know what to eat and when to eat it. Go by these simple guidelines day-to-day to start feeling better.

Probiotics

Everyone can benefit from a daily probiotic supplement that keeps the good bacteria in your "gut" flourishing, which is crucial for proper digestion. Take your probiotic first thing in the morning, and supplement with a natural probiotic such as kombucha, kefir, sauerkraut, or pickles.

Don't Skip Breakfast!

You need something to energize and nourish you. When you first wake, have water, or water with lemon, and after some activity, have your breakfast. Avoid all meat in the morning, as well as sugar and processed starches (carbs). The best mix includes fiber and protein, like an apple with almond butter, eggs with vegetables, or oatmeal with fruit. Try to stick to no more than 1 cup of caffeine, such as coffee or tea. Black is best or with a small amount of half-n-half or a dairy alternative like oat milk. If a sweetener is needed, try to use something natural such as honey, stevia, xylitol, or monk fruit. Avoid white sugar, sugar syrups, or creamers that contain added sugar and hydrogenated oil.

Eat a Power Lunch

Always try to include 2 cups of vegetables at lunch. Such as a fiber-filled salad with high-quality protein like chicken, turkey, tofu, or fish. Include healthy fats such as olive oil, avocado, or nuts. Avoid salad dressing that includes sugar. For a late afternoon snack, try a handful of unsalted almonds.

Evening Meal

Dinner should be no larger than any other meal (if you don't eat breakfast you'll be starving and eat too much... so, eat breakfast). Dinner should always be completed at least 2 hours before bed, with a minimum of 12 hours before the next meal. Try to avoid late-night snacks, which will help to boost your metabolism and control blood sugar levels. Stick to a lean meat and veggie combo, and if you're craving grains, eat rice or quinoa. Try to limit alcohol to 1 glass and stick to low-sugar liquor such as wine, tequila, vodka, or gin. Sparkling wine can help improve your gut health and contains polyphenols from red grapes, which promote the growth of good gut bacteria.

Treats & Fats & Tips

Treats should be avoided, but if you have a craving for sweets, try to use honey or stevia instead of white sugar for sweetening. A little dark chocolate makes for a great snack, it contains less sugar than milk chocolate and is a rich source of antioxidants and minerals. Eat nuts for snacks (unsalted is best) but only a few, as they are high in calories. Use vegetable-based oils for cooking, and real butter instead of shortening or margarine. Try to avoid salt (use pepper, mustard, or herbs for flavor). If craving a snack, try having a cup of herbal tea with honey instead. Only shop the outer perimeter of the grocery store for fresh, REAL food, and try to eat local & organic, and avoid products with long lists of ingredients you can't understand. Be wary of smoothies, often full of fruit, smoothies can be high in sugar. They can also be very high in calories. One smoothie, depending on what goes in it, can be 800+ calories. Know what your daily calorie intake should be for your age, weight, and height, and do your best not to exceed it.

