



## Do This!

## Not This!

<p><b>Good Habits</b></p> <ul style="list-style-type: none"> <li>• Having a filling breakfast</li> <li>• Drinking coffee/ tea low in sugar</li> <li>• Drink water throughout the day</li> <li>• Eating every 3-4 hours</li> <li>• Finishing dinner 2 hours before bed</li> <li>• Choosing nutrient dense foods</li> <li>• Eating a colorful variety of foods</li> <li>• Desserts as an occasional treat</li> <li>• Choosing whole food sweet options</li> </ul>	<p><b>Bad Habits</b></p> <ul style="list-style-type: none"> <li>• Skipping breakfast</li> <li>• Drinking coffee with high sugar/ milk</li> <li>• Drinking soft drinks or juices</li> <li>• Skipping lunch or having a large dinner</li> <li>• Snacking late or after dinner</li> <li>• Eating processed and convenient foods</li> <li>• Eating the same thing all the time</li> <li>• Eating dessert every night</li> <li>• Favoring cakes, candies, ice cream</li> </ul>
<p><b>Complex Carbohydrates</b></p> <ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Banana</li> <li>• Brown Rice</li> <li>• Beans, lentils</li> <li>• Quinoa</li> </ul>	<p><b>Simple Carbohydrates</b></p> <ul style="list-style-type: none"> <li>• Cereal</li> <li>• White bread</li> <li>• Pasta</li> <li>• Chips, crackers</li> <li>• Fries</li> </ul>

### Healthy Proteins

- Egg whites
- Lean fish
- Lean poultry
- Soy/ Tofu
- Beans (Chickpeas, Black, Kidney)
- Low carb, low sugar protein powders

### Bad Proteins

- Sausage
- Fried fish
- Highly fatty cuts of beef or pork
- Highly fatty chicken wings
- Overly salted/ processed meats
- High sugar protein bars/ snacks

### Healthy Fats

- Avocado
- Eggs
- Seeds, nuts
- Salmon, mackerel
- Coconut
- Olive oil

### Bad Fats

- Fried foods
- Burgers
- Bacon
- Chips
- Butter
- Peanut oil

### Low Glycemic Foods

- Chickpeas
- Soy beans
- Skim milk
- Lentils
- Barley
- Leafy greens
- Fruit (apples, berries)

### High Glycemic Foods

- Bread
- Cereal
- Rice milk
- White rice
- Corn
- Potato fries
- Juice (orange, pineapple)

\* Please consult a licensed health care professional before starting any supplement or dietary program, especially if you are pregnant or have any pre-existing injuries or medical conditions. This nutrition guide acts as a general assistive tool and should not be used to replace any doctor or dietitian given orders.