

# QUICK TIPS FOR HEALTHY EATING

## Optimal Dietary Percentages



### 1) Fats: 65%

#### Emphasize Healthy Fat

- Extra Virgin Olive Oil (cold)
- Cold Water Fatty Fish
- Whole Nuts (walnuts, almonds, etc.)
- Coconut Oil (cooking)
- Avocado Oil (cooking)

### 2) Protein: 15%

#### Lean Sources Unless Organic (optimal)

- Virtually all animal proteins
- Organ Meats
- AVOID: SOY BASED PRODUCTS!

### 3) Carbohydrates: 20%

- Ancient Grains
- Gluten-free Grains
- Starchy Tubers (potato varieties)
- Fruit

### 4) Vegetables: ½ your plate!

- Salad Greens
- Green Beans
- Peas (with pod)
- Cauliflower
- Broccoli
- Brussels Sprouts

*\*This is not an exhaustive list\**

### EATING: QUICK "BITES"

- 1) For weight loss: Drink 8-10 oz of water prior to a meal. Then, eat your ½ plate of vegetables. Next, eat your protein and finish with your carbs.
- 2) Drink at least 8 cups (64 oz) of purified water daily! This helps every process of the body!
- 3) Try to eat three larger meals a day rather than grazing. Gradually increase carb consumption with each meal. Yes, this means that your largest carbohydrate meal is at night (see above).
- 4) Enjoy your food and take time to eat! Your stomach does not have teeth; digestion begins in the mouth!

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