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Starting your Diet off Right

These are some overall guidelines that you, and everyone else in the world should ideally follow. Some of this may be a review for you from previous articles, but there is also new information. These are your new standards for food choice and cooking preparations. While you may feel like this is a relatively limiting food range, remember that everyone can have their treats and exceptions. Also, don't forget to ask CCNS for suggestions and great ideas for your food preparation and selection.

There are 3 basic food group choices, also called macronutrients. Carbohydrates, proteins, and fats. When selecting various foods, all of them will fall in one or two of these categories. When you do so, make sure that...

Proteins: Meats, Beans and Some Dairy. The protein that you select is lean protein. This means that you select cuts of meat that aren't super marbled with fat or are considered low-grade. If you aren't exactly sure what's in it, for example, sausages or patties... Try to make sure one serving provides less than 20% of your saturated fat for the day. Most vegetable based protein sources is considered lean and quality protein. Make sure that you are eating meats as well

though, so you can make sure you get your full range of amino acids for your body to use.

Carbohydrates: Grains, Cereals, Sugars and Most Fruits. Make sure they are low glycemic index (see CCNS Food Guidelines article). The best carbohydrates are complex (not sugars), and whole grain. The more natural it is, the better. Super processed carbs tend to not be as healthy and have a higher glycemic index. We never cut out a whole food group like carbs. This is a nearly impossible plan to stick to, and never holds fast for longer than a couple weeks.

Fats: Dairy, Oils and some Meats. When possible, choose food with mono-unsaturated fat. This fat is actually good for you! Most oils, like olive oil consist of mono-unsaturated fat. If you have a cholesterol problem, this is a great source of food for you, because mono-unsaturated fats have been proven to *lower* LDL cholesterol and increase HDL cholesterol. Stick to these types of fats if you have a choice.