**DIETARY GUIDELINES**

Good Nutrition is a balancing act. Choose foods with enough protein, vitamins, minerals, and fiber but not too much fat, sodium, sugar, and alcohol. Balance energy (calorie) intake with energy expended.

1. Maintain desirable weight/BMI (body mass index-over 25 is overweight).
2. Avoid too much sugar. Simple carbohydrates, empty calories. “OSE” is gross. Provide us with the wrong kind of energy.
3. Avoid alcoholic beverages. Simple carbohydrates/empty calories. Depressant that affects the body and mind.
4. Eat foods with adequate starch and fiber. Complex carbohydrates/very good for the body. Provide us with good energy.
5. Avoid too much fat, saturated fat, and cholesterol. Animal products. Provide twice the calories/energy of carbohydrates and protein. Usually is stored as “adipose tissue”…….fat. Healthy fats are plant sources: nuts, seeds, monounsaturated oils.
6. Avoid too much sodium. Can cause high blood pressure and heart disease. Messes with the electrolyte balance in your body. No more than 2000mg a day.
7. Eat a variety of foods with bright colors. Brighter=rich in vitamins/minerals. Leave the skin/peel on its fibrous.